

## Prior Learning:

Demonstrated accuracy, consistency, and clarity of movement. Arranged own apparatus to enhance work and vary compositional ideas. Experience flight on and off high apparatus.

## Unit Focus:

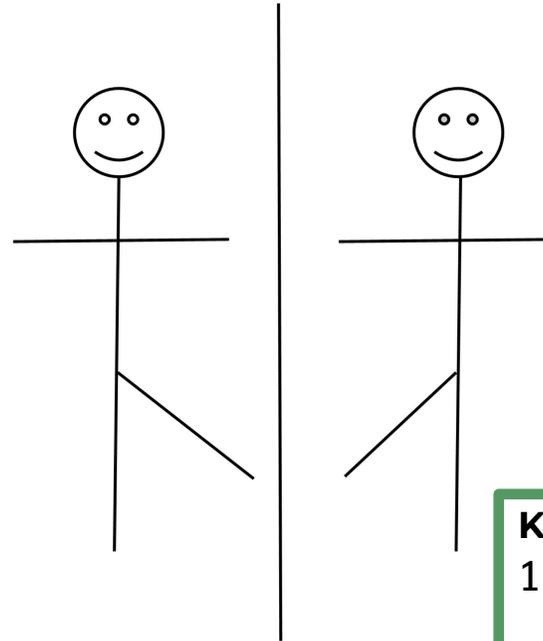
Perform increasingly complex sequences. Combine own ideas with others to build sequences. Compose and practise actions and relate to music. Show a desire to improve competency across a broad range of gymnastics actions.

**Head:** Compose a sequence which will achieve the highest score against criteria.

**Hand:** Perform increasingly complex sequences.

**Heart:** Work independently and in small groups to make up sequences to perform to an audience.

**Equipment needed:** Mats, hoops, cones, wall bars, beanbags, low apparatus, action cards, tabletops, box tops, stopwatch, music player.



## Key Vocabulary/Skills

Choose appropriate elements.

Perform to music.

Devise sequence using a criteria.

Group patterns.

Timing.

Half lever, box splits, bridge, broad jump, splits, dish, arch, bounce, competency, complex, stimuli, mirror, match.

## Key Questions:

1. Why is it a challenge to adapt your sequence to fit in with a timescale?
2. Which were your favourite elements to perform?
3. What is stimuli?
4. Can you suggest any different compositional ideas that may be used?

## Concepts:

Stimulus is something that causes a reaction, especially interest, excitement or energy added into a gymnastics sequence such as music or objects including ribbons and balls.



## Prior Learning:

Introduce volley shots and overhead shots. Apply new shots into game situations. Play with others to score and defend points in competitive games. Further, explore tennis service rules.

## Unit Focus:

Develop backhand shots  
Introduce the lob. Begin to use full tennis scoring systems. Continue developing doubles play and tactics to improve.



**Equipment needed:** Tennis racquets, nets, sponge balls, tennis balls, cones, hoops, bench.

## Key Vocabulary/Skills

Defend points against opposition using teamwork.

Describe why and when to use a backhand shot.

Demonstrate a lob shot in isolated situations.

Score a tennis game using full tennis rules.

Work as a pair to develop tactics against other pairs.

Lob shot, positioning, footwork, listening skill, dispute, peers, attacking, defensive, improvement.

**Head:** Make good choices in games about the best shot to use.

**Hand:** Begin to use full scoring systems.

**Heart:** Use speaking and listening skills to umpire and play with peers without dispute.

## Key Questions:

1. What tactics did you try to implement as a pair?
2. Can you explain the deuce scoring in tennis?
3. How can the lob shot help you to score points in a game?

## Rules:

- Play using full tennis scoring system (Love, 15, 30, 40, Game)
- When underarm serving (where ability allows) the ball must not be bounced before being hit.
- Players should serve diagonally, underarm or overarm.

