

Marsh Baldon CE Primary School
Class 1: P.E. - Gymnastics - Traditional Tales
Unit Overview Spring 1



What: Each lesson is based on a different traditional tale and uses the characters and story ideas to provide opportunities for children to develop control, agility and coordination.

How: Children will learn to hold shapes such as star, straight and tuck with their body, choose two contrasting balances with support, copy the movements of others to travel and balance in different ways, perform a log or egg roll with some control and perform a straight jump and land safely.

Vocabulary: curl, relax, shape, roll, travel, stretch, direction, speed, control, balance, jump, still, movement, land, action, body

Session 1: The 3 Billy Goats Gruff
 Contrasting movements and balances.



Session 2: The 3 Little Pigs
 To travel in different ways - changing speed and direction.



Session 3: The Gingerbread Man
 To control the body when jumping and rolling in different ways.



Session 4: Goldilocks and the three bears
 To link movements to create a sequence.



Session 5: The Enormous Turnip
 To cooperate effectively with a partner.



Session 6: The Whole Story
 To create and perform a sequence with a clear beginning, middle and ending.

