

|   |                                         |                                                                                             |                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                         |             |                                                                        |
|---|-----------------------------------------|---------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|------------------------------------------------------------------------|
| 2 | Being Healthy, safe and active (Ss 1.1) | Moving our Body, Understanding movement, learning through movement (Ss 2.1, Ss 2.2, Ss 2.3) | <p>Statics</p> <p>1. Students must work together to create a static that incorporates all students all with different statics</p> <p>2. Students must be creative with their movements and have a stable, effective base of support within their balancing group</p> <p>3. Students must be</p> | <p><b>-Assessment is to be completed by the teacher as they watch and constantly observe all groups completing the pair and group activity</b></p> <p><b>-Assessment is made at the end of class, with the teacher and students identifying the different</b></p> | <ul style="list-style-type: none"> <li>• Front scale</li> </ul> <p><b>Activity 2: Crack the egg and stability of front and back support</b></p> <p>-In pairs students are to test the strength of each other by applying pressure around the person holding the position</p> <p>-Works on tight body preparation, being stable and having a secure base</p> <p><b>Activity 3: Handstands</b></p> <p>Teacher to observe and slowly work the class up to complete a full handstand</p> <ul style="list-style-type: none"> <li>• Bunny hops</li> <li>• Tuck stand</li> <li>• Scorpion half stand (assisted and unassisted)</li> <li>• Handstand against a wall</li> <li>• Full handstand (assisted and unassisted)</li> </ul> <p><b>Handstand extension:</b></p> <p>-Students to see how long they can hold a handstand for and challenge each other to walk and complete a handstand</p> <p><b>Warm up:</b></p> <p>-Students are to complete a handstand circuit as this will prevent injury when completing partner statics and group statics</p> <p>-Dynamic and Static stretches are to be completed are a whole class to improve strength and flexibility</p> <p><b>Activity 1: Partner balancing statics</b></p> <p>-Students will be given a sheet of paper from the teacher with all different supports and positions that they will have to replicate and complete</p> <p>-Make sure that partners are matched equal weight and height</p> <p>-This activity encourages good body composition and stability within the base supports</p> <p>-Rotate within your pairs so you get to engaged</p> | <p>-Knees at chest</p> <p><b>V-sit KTPs</b></p> <p>-Straight arms</p> <p>-Straight legs at 45 degrees</p> <p>-Point toes</p> <p><b>Shoulder Stand KTPs</b></p> <p>-Hands on hips</p> <p>-Feet, knees, hips, shoulders all in one line in the air</p> <p><b>Handstand KTPs</b></p> <p>-Shoulders, hips, and legs all in a straight line, straight arms, both feet and knees together</p> | FMS, RE, GS | <p>16x gym mats</p> <p>16x diagrams with balancing statics on them</p> |
|---|-----------------------------------------|---------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|------------------------------------------------------------------------|

**Preview from Notesale.co.uk**  
**Page 15 of 15**