



### About this Unit—Key concepts

Involving hand apparatus in performance of gymnastics actions.  
Performing gymnastics actions and using hand apparatus showing changes in speed, level and direction.  
Linking actions involving hand apparatus into movement

### Curriculum objectives

Develop a broad range of skills.  
Link actions to make sequences of movement.  
Understand how to improve and evaluate own success.  
Develop flexibility, strength, technique, control and balance.

### Skills learned prior to this unit.

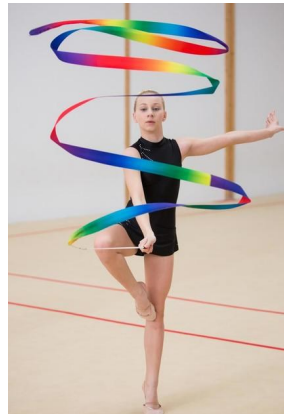
Copy, remember, explore and repeat a variety of basic gymnastics actions with control and co-ordination.  
Select and link basic gymnastics actions into fluent short movement phrases.  
Identify and describe the difference between their own and others work.  
Handle large apparatus safely and explain the need for a warm up and cool down recognising what is happening to the body during exercise.

### Pictures

soft ball

gymnastic scarf

gymnastic ribbon



### Skills learned this unit.

To create a short movement phrase linking gymnastics actions involving a soft ball showing changes of speed.  
To create a short movement phrase linking actions involving a hoop showing changes in direction.  
To create a short movement phrase linking actions involving a ribbon or juggling scarf showing changes in speed, level and direction.  
To create a longer and controlled movement phrase involving an item of hand apparatus showing changes in speed, level and direction.  
To remember, improve and perform a controlled movement phrase involving an item of hand apparatus showing changes in speed, level and direction.

### Core task

Choose an item of hand apparatus and use it to create and perform a sequence of 4-6 actions. Show control and coordination of body movement and hand apparatus with a variety in the level of speed, level and direction.