

Learning Objectives	Suggested Series of Activities	Points to Note
<p>Pupils should learn:-</p> <p>Acquiring and Developing</p> <ul style="list-style-type: none"> ■ to perform different actions using a 'star' shape ■ to combine different actions showing three different shapes 	<p>Warm up</p> <p>Ask the children:</p> <ul style="list-style-type: none"> ■ Standing, to slowly stretch their whole bodies as high as possible; as wide as possible Repeat this kneeling, and lying prone and supine ■ To travel about the space in a 'tuck' shape; in a 'pin' shape 	<ul style="list-style-type: none"> ■ ask the children what shape they are using when stretching wide i.e. 'star'
<p>Selecting and Applying</p> <ul style="list-style-type: none"> ■ to explore different actions using a 'star' shape ■ to select and link three different actions showing three different shapes ■ to adapt their work to a partner <p>Improving and Evaluating</p> <ul style="list-style-type: none"> ■ to describe and copy ideas ■ to assess others' work using simple and specific criteria 	<p>Development</p> <p>Ask the children:</p> <ul style="list-style-type: none"> ■ To explore different actions using a 'star' shape e.g. balances; jumps; cartwheels; slides; spins on feet or tummy ■ To observe others, and describe and copy some of their ideas ■ To perform different actions using a 'tuck' shape ■ To perform different actions using a 'pin' shape ■ To perform the same balance three times, each time with a different shape e.g. a balance on seat; feet; side (it does not matter if the 'star' shape has to be modified slightly) 	<ul style="list-style-type: none"> ■ write the shapes and actions on the blackboard ■ the balance can be chosen or selected by the children, or determined by the teacher
<p>K and U of Fitness and Health</p> <ul style="list-style-type: none"> ■ to work safely with a partner 	<p>Composition</p> <p>Ask the children:</p> <ul style="list-style-type: none"> ■ To retain their 'star' shaped balance and link it with another two actions, one 'tuck' shaped and one 'pin' shaped (see Resource Gym 9) ■ To practise and refine their sequence ■ To find a partner and perform their sequences alongside each other ■ To practise the sequences alongside each other, adapting the timing, if necessary, to ensure both partners change shape/action at the same time ■ To observe others and assess their performance using simple and specific criteria (see Resource Gym 4) e.g. Do they change shape at exactly the same time? ■ To perform a last 'perfect presentation' i.e. still starting position, all starting together, remaining still when finished until told to 'Rest' 	<ul style="list-style-type: none"> ■ keep the same order of shapes in the sequence the same for all children ■ when working alongside a partner, the children keep their own sequence, adapting it only to match the timing with that of their partner
	<p>Cool down and concluding activity</p> <p>Ask the children:</p> <ul style="list-style-type: none"> ■ To slowly swing their arms across and away from their body several times finishing in a 'star' shape Repeat four times ■ To tell you if they found it easy or hard to adapt their sequence to working with a partner 	