

<b>Topic: Gymnastics Year 7</b>		<b>Duration: 6 lessons</b>	<b>Composite:</b>
<b>Key vocabulary:</b>	<b>Core knowledge Components</b>	<b>Powerful knowledge components crucial to commit to long term memory</b>	<b>Links to previous and future topics</b>
Tuck Straddle Straight  Transition Roll Tension shape  utilise create sequence  Balance teamwork Body tension  Create Transfer Flow Tidiness  Flight Shape Height Takeoff	<ol style="list-style-type: none"> <li><b>Shape-</b> perform a variety of different shape in isolation and small 5 individual sequences including the following shapes and moves. Straight, dish, arch, pike, straddle, teddy bear roll, log roll and shoulder stand. Perform a variety of these in a basic sequence with a clear start and finish.</li> <li><b>Sequencing and rolls-</b> Perform a sequence with a clear start and end that incorporates 7-10 shapes/ moves. Clearly transition between each movement. Including the introduction of forward/ backward rolls and shoulder stands and cartwheels.</li> <li><b>Sequencing using equipment-</b> A selection of equipment is available, and you can incorporate it into a 10-move sequence. That sees you travel in different ways across, over under, and through the equipment.</li> <li><b>Partner balances-</b> With a partner perform a variety of 1, 2, and 3 point balances that will change your shape and dimensions of your body movements. Balances can take place on the floor or using one another.</li> <li><b>Partner sequencing using apparatus-</b> Create a ten-move sequence including the following shapes and moves. Straight, dish, tuck, pike, star, shoulder stand, forward roll, backwards, log roll, teddy. Using a selection of equipment to enhance partner balances and movement.</li> <li><b>Basic Flight-</b> Using a springboard as a take-off tool. Perform the following shapes in flight Straight, tuck, pike, dish, arch, straddle and pike.</li> </ol>	<p>Tension whilst performing all of these shapes and movements. Pointed toes and body tension are important to show a clear shape.</p> <p>Head position on rolls. Momentum of movement is key to success.</p> <p>Different heights and levels will affect the moves you can perform. Change speed, rotation and direction of movement.</p> <p>Different people are suited to bases and towers. Your control and tension will affect the time that you can perform the balances.</p> <p>What makes a good routine? Timing, neatness, complexity, style and control.</p> <p>Arm drive to create lift. Tension in flight Stick the landing</p>	<p>Links to dance and primary school gymnastic shapes.</p> <p>Links with routine structure and sequencing in dance. Rolling and falling in team games.</p> <p>Same as Above</p> <p>Links to future and previous dance topics. Crossover with science topics with centre of mass. Rugby-scrummaging.</p> <p>Same as above, movement of limbs and replication links with all sporting body movements.</p> <p>Landing in netball, basketball and any sports that involves jumping and control in the air.</p>

<b>Topic: <u>Physical Education – Dance – Year 7</u></b>		<b>Duration: Between 6 &amp; 8 Lessons Per Year.</b>	<b>Composite:</b>
<b>Key vocabulary:</b>	<b>Core knowledge Components</b>	<b>Powerful knowledge components crucial to commit to long term memory</b>	<b>Links to previous and future topics</b>
<b>Theme</b> <b>Cop/Replicate</b> <b>Body language</b> <b>Movement</b> <b>Gesture</b> <b>Freeze/Still</b> <b>Image</b> <b>Action</b> <b>Reaction</b> <b>Performance</b>  <b>Interact</b> <b>Positive</b> <b>Negative</b> <b>Action</b> <b>Reaction</b>  <b>Stable</b> <b>Firm</b> <b>Wide base</b> <b>Solid stance</b>  <b>Perform</b> <b>Display</b> <b>Focus</b> <b>Confidence</b> <b>Audience</b>  <b>Feedback</b> <b>Critique</b> <b>Positives</b> <b>Areas of</b> <b>Development</b>  <b>Bollywood</b>	<u><b>Theme 1: Friendships and Enemies Basics</b></u> -Body language is the main indicator in dance of thoughts and feelings. -We express our attitudes and opinions through movements that display these. -Dances are intended to tell stories, we must be able to understand this and notice what is going on and the ‘story intended’. - Understand and demonstrate a range of ‘gestures’ that suggest we are friends. -Understand and demonstrate a range of ‘gestures’ that suggest we are enemies. -Use these gestures and movements in isolation. - In dance we show action, then another dancer’s re-action to what is happening on stage.  <u><b>Gestures &amp; Body Language</b></u> -A gesture is a nonverbal signal of interaction. -Know and demonstrate a range of different positive interactions – wave, smile, thumbs up, hug, pat on back, high five, hip touch, chest bounce etc. - Know and demonstrate a range of different negative interactions – turn back, frown, square up, sneer, threaten, barge, cower, avoid etc.  <u><b>Balance and Counter Balance</b></u> -The basics of what makes a stable balance, wide base, firm grip, communication, locked on legs, wrapped arms. - A range of different partner balances, table top, trust hold, arm to arm. - Combine into a sequence with a balance and four positive interactions.  <u><b>Sequencing, linking moves and performance</b></u> -Remember and attempt to use a variety of different transitionary moves such as jumps, turns, transitions locomotion and freezes. -Piece together a five move routine including a balance and four interactions. - Understand that there are transitionary moves that help us piece move to move. - Can the audience interpret the theme and if the interactions are those of friends or enemies.  <u><b>Review, Reflect and Respond</b></u> -Understand that we are to critique others performances suggesting areas of improvements and strengths. - Be able to give feedback in the correct manner that focuses on positives rather than negatives. - Put feedback into action and act to feedback based improvements.  <u><b>Theme Two: Bollywood Theme</b></u> -Understanding that Bollywood is a theme of dance often used within Indian Movies.	<b>Body language is the main indicator in dance of thoughts and feelings.</b> <b>-We express our attitudes and opinions through movements that display these.</b> <b>-Dances are intended to tell stories, we must be able to understand this and notice what is going on and the ‘story intended’.</b>  <b>-A gesture is a nonverbal signal of interaction.</b> <b>-Know and demonstrate a range of different positive interactions – wave, smile, thumbs up, hug, pat on back, high five, hip touch, chest bounce etc.</b> <b>- Know and demonstrate a range of different negative interactions – turn back, frown, square up, sneer, threaten, barge, cower, avoid etc.</b>  <b>-The basics of what makes a stable balance, wide base, firm grip, communication, locked on legs, wrapped arms.</b>  <b>Dances are linked with transitions which can be jumps, turns, transitions, locomotion and freezes.</b>  <b>Understand that we are to critique others performances suggesting areas of improvements and strengths.</b> <b>- Be able to give feedback in the correct manner that focuses on positives rather than negative</b> <b>Bollywood dance originates from India and is a fusion of other dance styles.</b>	

<p><b>Indian Gesture Bhangra High Energy</b></p>	<ul style="list-style-type: none"> <li>- The understanding that Bollywood is a dance which is based on other dances such as modern jazz, belly-dancing, and western pop.</li> <li>- Bollywood dance tells a story which is usually a theme of romance or friendship.</li> <li>- Beneath Bollywood dance is a traditional variety of dancing and gestures which have a historic placing in Indian. Students may have heard of 'Bhangra' dancing.</li> <li>- Hand symbols and gestures are very important and feature in nearly all dances.</li> <li>- Students will attempt to replicate a piece of authentic Bollywood dance.</li> </ul>	<ul style="list-style-type: none"> <li>- <b>Bollywood is also a name for some Indian movies that involve music, and dancing.</b></li> <li>- <b>Dances are high energy, and can be individual or group dances.</b></li> </ul>	
<p><b>Hastas Peacock Flag Half Moon Scissors Peak Fist</b></p>	<p><u><b>Hand Movements</b></u></p> <ul style="list-style-type: none"> <li>-These are hand movements that act as a form of sign language to help to tell a story or demonstrate themes such as weather, animals or places.</li> <li>-One or both hands can be used to tell the story of the dance, this links which region of India the dance originates from.</li> <li>-Fist, peacock, half moon, flag, scissors and peak of the mountain should all be shown and attempt made to replicate in dance.</li> <li>- Hand movements are called 'hastas'.</li> </ul>	<p><b>Hand gestures help us tell the story we are trying to portray. There are six hand gestures that are commonly found in Bollywood dance.</b></p> <p><b>-These are called hastas.</b></p>	
<p><b>Side to Side Front and Back Emotion Facial Expression Repetition.</b></p>	<p><u><b>Head and Neck Movements</b></u></p> <ul style="list-style-type: none"> <li>-Side to side, and front to back head 'bops' are very common in Bollywood.</li> <li>-This takes a large amount of co-ordination to complete this which continuing to do the dance steps.</li> <li>- The head movements help show emotion within the dance</li> </ul>	<ul style="list-style-type: none"> <li>-<b>Head movements help with portraying emotion to the audience.</b></li> <li>-<b>The most common in Bollywood dance is 'side to side' and 'front and back' repeated movements.</b></li> </ul>	
<p><b>Nritta Abhinaya Storytelling Emotion</b></p>	<p><u><b>Use of face/Facial Expressions</b></u></p> <ul style="list-style-type: none"> <li>-Classical Indian dance incorporates two basic elements - abhinaya (expression) and nritta (pure dance).</li> <li>-Image caption Make-up accentuates facial expressions</li> <li>-Nritta is displayed through rhythms and physical movements to musical phrases - it is dance in its purest form.</li> <li>-Abhinaya is rooted in expressions and emotions, and aims to bring life to the story behind the dance. Facial expression and eye movements are essential components. The emphasis in Indian dance is about storytelling and expressions contribute to that.</li> <li>- Ability to show eyes following hands.</li> </ul>	<p><b>Bollywood is a combination of expression and dance.</b></p> <p><b>-Music and rhythm help with this to portray the emotion behind the dance.</b></p>	
<p><b>Proud Confident</b></p>	<p><u><b>Performance Skills</b></u></p> <ul style="list-style-type: none"> <li>-No talking, no laughing, carry on if you go wrong, head up, be proud.</li> </ul>	<p><u><b>Performance Skills</b></u></p> <ul style="list-style-type: none"> <li>-<b>No talking, no laughing, carry on if you go wrong, head up, be proud.</b></li> </ul>	
<p><b>Extension Timing Frozen</b></p>	<p><u><b>Technical Skills</b></u></p> <ul style="list-style-type: none"> <li>-Good extension, good timing, frozen end and start position</li> </ul>	<p><u><b>Technical Skills</b></u></p> <ul style="list-style-type: none"> <li>-<b>Good extension, good timing, frozen end and start position.</b></li> </ul>	