



## P.E. Support

### Spring 1 2023

This half term I have been working with year 3 and year 1, both following a gymnastics unit. The year 3's have been learning how to balance on different parts of their body. They quickly transferred these onto the apparatus and put the balances into a routine. The final lessons showed great progress as the children produced some complicated routines, including their own moves. Well done to year 3 for their enthusiasm and progress, particularly on the large apparatus of the wall bars and ropes.





*'I liked the ropes because it was really hard and challenging. I got to the top by squashing my hands on the rope.'* Jacob

*'I liked the wall bars because they're very high and I like high heights. I got to go to the top and held on with 2 hands and 1 leg'.* Maya

*'When I used the wall bars, I did a trick where I used my legs to do a balance'.* Amelia

*'I liked the rope ladders because I got to the top and changed sides and did a balance on one foot and then climbed down'.* Finley

The year 1 children have been learning the 5 basic gymnastic shapes, tuck, straddle, pencil, star and pike. At first they practised these on the mats but then quickly moved onto the apparatus. The challenge was to hold the shapes for 5 seconds, completely still. They then progressed to producing some simple routines, to include the shapes but also at least one jump and a correct starting and finishing position. The warm ups were also popular, using the BBC Supermovers to bring some literacy and numeracy into their gymnastics lessons.







Finally this half term has seen the return of after school netball club for year 5 and 6. The children have been so enthusiastic and made great progress since the beginning of last term. They now have a good understanding of the rules and positions of the court and have made particular progress with their shooting.

