

## Benyon Primary School PE – Gymnastics & Dance.

<b>Year Group</b>	<b>Autumn 1st half</b>	<b>Autumn 2<sup>nd</sup> half</b>	<b>Spring 1<sup>st</sup> half</b>	<b>Spring 2<sup>nd</sup> half</b>	<b>Summer 1<sup>st</sup> half</b>	<b>Summer 2<sup>nd</sup> half</b>
Foundation	Introduction to gymnastics Unit NR	Travelling  Unit A	Dance Unit 1 Stars-Rabbits-Follow my Leader Hickory Dickory Dock-Autumn leaves	Stretching & curling  Unit B	Travelling – Taking weight on different body parts Unit C	Dance Unit 3 Blowing bubbles Dinosaurs The shaking puppet
Year 1	Fight, bouncing, jumping & landing.  Unit D	Points & Patches  Unit E	Dance Unit 1 Streamers-Conkers-Playing with a ball	Rocking & Rolling  Unit F	Wide, Narrow, Curled  Unit G	Dance Unit 2 March, March, March – Jack and the Beanstalk
Year 2	Parts high, parts low  Unit H	Pathways, straight, zigzag, curving Unit I	Dance Unit 1 The Cat – Balloons-Reach for the Stars	Spinning, twisting, turning Unit J	Linking Movements Together Unit K	Dance Unit 2 Friends – Bubbles Shadows
Year 3	Stretching and curling  Unit L	Symmetry & Asymmetry  Unit M	Dance Unit 1 Who Am I? The Language of Dance	Pathways  Unit N	Travelling with change of front and direction Unit O	Dance Unit 4 The Human Engine Mechanical Progress
Year 4	Balance  Unit P	Balance leading into change of front and direction Unit R	Dance Unit 1 These shoes are made for walking Giraffes can't dance	Rolling  Unit S	Receiving body weight in different directions Unit Q	Dance Unit 4 Wimbledon Musical Statues
Year 5	Flight  Unit U	Functional use of the limbs Unit V	Dance Unit 4 Volcanoes Punch & Wrestle	Turning & Spinning Unit W	Bridges  Unit T	Dance Unit 1 Rubbish Dance Unit 3 Pleased to see you
Year 6	Matching & mirroring  Unit X	Synchronisation and cannon  Unit Y	Dance Unit 2 Theseus & the Minotaur	Counterbalance and tension  Unit AA	Holes and Barriers	Dance Unit 1 The World of sport Mix & Match

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Gymnastics & Dance units based on Val Sabin Sow.