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| **Unit Overview: Dance and Gymnastics** |
| **Half- Term:** | AUT 1 | AUT 2 | SPR 1 | SPR 2 | SUM 1 | SUM 2 | **No of Lessons:** | **14** |
| **Key Focus for Unit:***What is the key knowledge being delivered?* *What is the intent of this unit?* |
| In the Autumn Term, year 7 will begin to explore the physical movements needed to be a successful sport performer. By taking part in Gymnastics and a Dance, you will develop the confidence and motor skills needed to perform a range of movement patterns. In Dance you will fall into a world of 50s rock and roll, before shifting towards the culture of Bollywood. In Gymnastics, you will explore balance, rotation and flight of the human body. |
| **Key Knowledge and Big Ideas:** *What* ***Powerful Knowledge*** *and* ***Big Ideas*** *are explored in this Unit?* *How have these progressed from previous learning? What* ***gaps in knowledge*** *have you identified from* ***baselining*** *and how are the being closed?* |
| **Key Knowledge and skills****Big idea:****Controlling movements with compositional ideas**Fundamentals of the specific sports:Coordination, power, balance, control, rhythm, timing. How to count to music through Dance. How to link movement ideas and explore creativity. The importance of performance. |
| **Unit Assessment:***How will this unit be assessed?* *What is the frequency of assessments – baselines etc?* |
| Students will be assessed on their practical performance at the end of the unit of work. This will be demonstrated through group performances of set routines. Students will receive weekly MS Teams quizzes to challenge them on their knowledge of these topics and key vocabulary.  |
| **Key Skills Explored** | **Vocabulary Selected for DVI** | **Links to Previous Unit** |
| * Coordination
* Power
* Balance
* Control
* Rhythm
* Timing
 | * Choreography
* Flexibility
* Coordination
* Power
 | These topics can lead on from primary school PE lessons that focus or fundamental movement skills. |
| **Links to Careers/Employability** | **How does this unit prepare students for the next unit?** |
| * Dancer
* Dance Teacher
* Choreographer
* Gymnast
* Coaching
* Performance analysist

  | Students will be using the fundamental movements skills (running, jumping, balance and coordination) in all sports. In year 8 Gymnastics unit, the students will be transferring these learnt skills onto Trampolining. |