



Matching, mirroring and contrast

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
SKILLS I can.....	Perform matching moves with a partner within a sequence. Hold balances on different numbers of points of contact	Control an Arabesque Contrast my partner's moves so that we work at different levels and in different pathways.	Perform a sequence mirroring a partner's symmetrical and asymmetrical shapes?	Perform a sequence with a partner which moves from matching moves to contrasting	Work as a group to demonstrate fluent routines involving mirroring and contrasts	Perform elements of unison and canon in a group routine
KNOWLEDGE I know.....	Some interesting ways of transitioning from one move to another.	How to perform an Arabesque To use gymnastic terminology in my feedback	How to mirror, and in unison with my partner.	The importance of timing and how to ensure I work in synchrony with my partner.	How to communicate and negotiate to agree a sequence as a group	How to perform effectively in canon
ASSESSMENT I can...	Able to perform routines and a range of skills seamlessly.	Evaluates the work of others using technical language including setting targets for improvement.	Enjoy competing and challenging myself to improve	Able to perform routines and a range of skills seamlessly.	Evaluates the work of others using technical language including setting targets for improvement.	Enjoy competing and challenging myself to improve