

## Unit Overview

Year 5 Gymnastic Core Task 1 lessons and plans.

### Lesson 1



#### Lesson Objective

To perform partner balances.  
To create a simple sequence of matched and mirrored partner balances.

#### Character

Communication - To speak clearly, with confidence, when demonstrating a shape.

### Lesson 3



#### Lesson Objective

To know the difference between counter balance and counter tension.  
To perform a range of counter-tension actions with a partner.

#### Character -

A willingness to try out different partner balances with a partner.  
A willingness to accept help from their partner.

### Lesson 5



#### Lesson Objective

To create a gymnastic sequence with counter balances and counter tension with a partner.  
To evaluate and recognise their own success.

#### Character

Evaluation - To recognise strengths and areas for improvement in their performance.

### Lesson 2



#### Lesson Objective

To perform a range of counter-balance actions with a partner.

#### Character

A willingness to try out different partner balances with a partner.  
A willingness to accept help from their partner.

### Lesson 4



#### Lesson Objective

To create a gymnastic sequence with counter balances and counter tension with a partner.

#### Character

Evaluation - To identify strengths and areas for improvement through using the success criteria.