

PE - Gymnastics and Handball

Overview:

In this **PE** topic you will get the opportunity to work on a variety of shapes within gymnastics and also learn the basic rules of the game handball, in which you need to have individual skills as well as team work skills.

What I already know...

- To be able to move your body with control.
- To have an awareness of space and moving around with control.
- To have control when throwing a ball.
- To know that team work is an important part of team games.

Relevant ideas

The class working as a team



By the end of this unit...

you will be able to:

- Create a routine based on shapes with a partner that incorporates gymnastic moves such as pike, straddle, tuck and dish.
- Be able to control movements to produce a well-rehearsed gymnastics routine.
- Work and communicate effectively within a team or with a partner.
- Use different skills in the game of handball.

Key Vocabulary

Team work	Gymnastics	Handball
Encouragement	Competition	Pike
Tuck	Straddle	Dish

Key Questions

How can you show me a tuck/straddle/pike/dish in gymnastics?

Why is working as a team important?

Why is it important to warm up and warm down before and after exercise?

What are the key areas of learning within the game of handball?