

## **Gymnastics**

### Hands

To perform basic in flight shapes when vaulting (tuck)  
To perform basic twists in flight – half twist, full twist  
To perform a safe landing  
Use the 1,2,2 take off and land

To perform complex in flight shapes when vaulting ( pike, straddle)  
To perform straddle through and through vault  
To perform a round off

### Head

Understand what makes a successful vault jump

Understand preparation, inflight, landing

### Heart

Show communication and influence when offering peer feedback

## **Basketball**

### Skills required

#### Hands

passing – chest and bounce pass

shooting – lay-up, set shot

dribbling – either hand, changes of direction

rebounding

footwork – pivot

#### Head

### Use of skills in a game situation

Half court defence

Out of bounds

Decision making



