

Name of unit: Aesthetics & Performance	
Expected Outcomes By the end of this unit, pupils will be able to: Create and perform a sequence that includes changes in level and direction. Perform a basic vault over an apparatus (e.g., horse). Perform a controlled seat drop on the trampoline. Work with a partner to mirror a short sequence. Give one piece of constructive feedback to a peer.	
Developmental Focus Opportunities Gross Motor Skills: Moving beyond just demonstrating the ELG for 'strength, balance and coordination' to refining it. The focus shifts to the quality of movement, aesthetics, and combining the core skills into more complex and flowing sequences, showing a higher level of mastery.	
Key Learning Points	Powerful Knowledge
How to make a routine more interesting using different levels, directions, and speeds. The importance of a powerful run-up and take-off for a vault. How to stop safely and immediately on a trampoline. The difference between helpful feedback ("Try pointing your toes more") and unhelpful feedback ("That was bad").	An audience appreciates a performance, not just a set of moves.(Understanding the difference between just doing the skills and performing them with confidence and flow). Good feedback helps people improve; bad feedback just makes them stop trying.
Subject-Specific Vocabulary	Reading Opportunities
Aesthetics, Performance, Flow, Extension, Level, Direction, Vault, Run-up, Take-off, Seat Drop, Feedback, Peer Assessment.	Reading a judging card with criteria for a good performance (e.g., Control, Flow, Difficulty). Using a 'feedback sandwich' prompt card (one positive, one area for improvement, one positive).
Possible Misconceptions	Cross-Curricular Links
"My routine needs to have the hardest tricks." (Aesthetics and control are more important). Feedback is just telling someone what they did wrong." I can just bounce as high as I want on the trampoline." (Control vs. Height).	Drama/Dance: Choreography, stage presence, performance skills. English: Using descriptive and constructive language for feedback. Art: Composition, form, and creating visually pleasing shapes.