Name of unit: Complex Sequences & Evaluation	
Expected Outcomes By the end of this unit, pupils will be able to: Design and perform a complex routine combining floor and apparatus work. Use specific technical vocabulary to analyse a peer's performance. Provide detailed, constructive feedback that helps a peer improve. Demonstrate an understanding of criteria used for judging (e.g., difficulty, execution).	
Developmental Focus Opportunities Gross Motor Skills: Reaching the apex of the ELGs by synthesising 'strength, balance and coordination' into complex, self-designed sequences. This moves beyond demonstration to creation, showing a deep internalisation and mastery of fundamental physical control.	
Key Learning Points	**Powerful Knowledge**
How to build a routine with a clear beginning, middle, and end. The difference between a subjective (opinion) and objective (criteria-based) evaluation. How to use a model performance (e.g., a video) as a benchmark for comparison. The relationship between the difficulty of a routine and the potential risk.	To be an expert performer, you must first be an expert analyst. (Understanding that the ability to evaluate is key to high-level performance). Improvement comes from targeted feedback, not just more practice.
Subject-Specific Vocabulary	**Reading Opportunities**
Evaluation, Analysis, Criteria, Execution, Difficulty, Composition, Transition, Objective, Subjective, Benchmark.	Reading and interpreting an official gymnastics or trampolining scoresheet. Writing a written evaluation of a peer's performance. Researching the 'Code of Points' for a specific gymnastic discipline.
Possible Misconceptions	**Cross-Curricular Links**
The person who does the most flips should win. Ignoring execution and form. Analysing means just pointing out mistakes. I can't do that move, so I can't give feedback on it." (You can still analyse against the criteria).	**English:** Writing analytical and evaluative essays. Critical thinking. **Media Studies:** Analysing performance in film or TV. **Science:** Biomechanics - understanding the physics behind complex movements.