

Name of unit: Body Management	
Expected Outcomes By the end of this unit, pupils will be able to: • Perform 3 simple shapes on the floor (e.g., straight, star, tuck). • Demonstrate a basic controlled roll (e.g., log roll, egg roll). • Hold a simple balance on one leg for 3 seconds. • Link two movements together smoothly.	
Developmental Focus Opportunities • Gross Motor Skills: This unit directly targets the ELG to 'demonstrate strength, balance and coordination' in a controlled, indoor environment, building core stability that supports all other physical activities.	
Key Learning Points	Powerful Knowledge
• How to make your body tense and strong to create clear shapes. • Where your centre of gravity is and how it affects your balance. • How to tuck your head in safely when rolling. • The difference between a shape (still) and a travel (moving).	Strong bodies make strong shapes. (The importance of muscle tension). Every good routine tells a small story. (A beginning, a middle, and an end).
Subject-Specific Vocabulary	Reading Opportunities
Shape, Balance, Roll, Sequence, Link, Travel, Stillness, Tension, Control.	Following a simple sequence of pictures on a card (e.g., Picture 1: Star Shape, Picture 2: Log Roll). Reading safety rules for the hall and equipment.
Possible Misconceptions	Cross-Curricular Links
Faster is better. (Control vs. Speed). I should look at the floor to balance. (Finding a focal point at eye level). Gymnastics is just doing tricks. (The importance of basic shapes and control).	Art: Creating shapes and patterns. Science: Centre of gravity, forces. Literacy: Using stories as a stimulus for a gymnastics sequence.