

freeze choose invent



PURPOSE

The ‘freeze choose invent’ unit initially focuses on developing pupils’ ability to control basic Gymnastics shapes so they’re ready to explore their own ways of performing those shapes before inventing entirely new body shapes.

The learning in this unit establishes the Gymnastics shapes that form the basis of many actions that pupils will develop in later units and this is purposefully balanced with an introduction to the opportunity that Gymnastics provides to develop pupils’ ability to make independent choices and creatively explore.

KEY SUCCESS CRITERIA

freeze	choose	invent
Following instructions to confidently perform a straight, star and tuck shape	Showing curiosity about the ways in which I can perform shapes	Recognising and describing shapes
Showing control in performance of my Gymnastics shapes	Making my own decisions	Having my own ideas
Reliably counting the length of my frozen shapes	Appreciating that others will make different choices	Being inventive in the way I show shapes

DEVELOPMENT MATTERS

‘Show good control and co-ordination in large and small movements’
‘Having their own ideas...and making choices and decisions’