
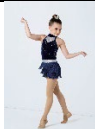

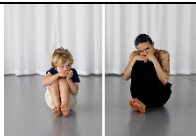

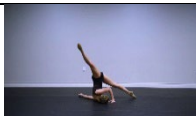


Concept: Creativity

The big picture: Creativity has been developed to encompass four different creative sports; aerial arts, gymnastics, cheerleading and dance. In year 7 we will learn the fundamental components of each of the creative sports. We will ensure that students know and can apply the safety protocols of each sport and will learn to be 'kind' and 'respectful' of everyone in the group. There will be an expectation that the students are developing their self confidence in attempting a new activity. **Key concepts:** students work independently, in partners or in groups to create an aesthetically pleasing sequence of movements, developed around a stimulus. Students will focus on finding balance points.

Physical Literacy – Motor Competence			
Motor Skill		Definition	How do I do this?
Jump		To push the body off a surface into the air using your feet.	Pushing off one or two feet, drive the body weight up into the air, using arms for momentum. Go from heels to toes and land toes to heel.
Twist		To rotate around a stationary point	Keep one part of the body still and in one place, using another part of the body rotate so it is not facing the same direction as your stationary point.
Turn		To move in a circular direction wholly or partially round an axis or point	Select a direction of travel and move the whole body in that direction. Keep a fixed point that you are moving the body around, so you return to a start location.
Gesture		A movement of part of the body to express an idea or meaning	Select the emotion or idea that you are going to express and use your body to tell the world your message. An example would be jazz hands – Used at the end of a stage piece as it is the same movement for a round of applause in BSL.
Travel		To go from one place to another over a distance	Select the direction of travel and the distance required. Using any movement style to get your body from the start location to the end location.
Roll		To move in a particular direction by turning over and over on an axis	Select the type of roll and the direction of travel. Keep the body tight and the movement flowing to increase chances of a successful roll.

Life Skills	
Co-operation – working together and helping others so that they can succeed.	Communication – Talking to peers and partners. Being able to identify strengths and weaknesses of set movements. Speaking and listening and body language. Feedback to peers.
Resilience – Understanding that not everything will be easy to get right on the first try. To be able to keep practicing a skill or movement until you can do it.	Self-confidence – Being able to perform small movements to peers in small groups or pairings.
Physical Literacy – Knowledge of rules, strategies and tactics	
<p>Key Terms</p> <p>Stimulus – Visual, auditory, kinaesthetic, tactile or ideational interests to help develop new ideas.</p> <p>Motif – A movement phrase encapsulating an idea that is repeated and developed.</p> <p>Aesthetic – Concern of how good something looks to the audience.</p> <p>Transition – to move from one set movement to another whilst keeping the two linked so they look like one movement.</p> <p>Balance – even distribution of weight keeping someone upright or steady.</p>	<p>Strategies common to all creative sports</p> <p>To have a set movement pattern that runs from start to finish without interruption or stopping.</p> <p>Create an aesthetically pleasing motif.</p> <p>To use one or more stimulus to create your motif.</p>

Health and Wellbeing

Being active is important for physical **health and wellbeing**. **Health** is a state of complete physical, mental and social well-being. Fitness is the ability to fulfil a particular physical task. **Creative sports promote many different areas of fitness that keep us healthy**. **Related components of fitness** include **balance, muscular endurance, power, and co-ordination**. **Co-ordination** is the ability of parts of the body to work together to move smoothly, like when you complete a cartwheel. **Balance** enables us to remain upright and steady when we use the aerial hammocks. **Muscular endurance** enables us to use the same muscles again and again without fatigue which we need to rehearse and complete a motif. **These areas of fitness are also needed in everyday life.**