



Subject: PE Topic: Gymnastics Year Group: Year 4

What I should already know:

- To perform actions, body shapes and balances with control
- Plan, perform and repeat sequences including changes in speed, level and direction
- Show clear shapes (clarity) and quality in movements (extension and tension)
- Recognise criteria that can help improve performance
- Suggest ways to improve performance

Vocabulary:

Flight, stillness, spring, explosion, leap, cat leap, gallop, stride, bunny hop, cartwheel, star jump, hop jump, scissor jump, tuck jump, straight jump, turning jump, straddle jump, one foot, 2 feet, push, swing, take off, land (cushioned), balance, control, distance, height, direction, level, speed, legs together/apart, sink down, transition, fluidity, matching, contrasting, variety of rolls, apparatus, experiment, adapt, pathways, body tension, extension, create, develop, evaluate, improve.

What I will know by the end of the unit:

- To demonstrate a variety of jumps (legs together/apart) and explore different levels of flight
- Explain what matching and contrasting mean, demonstrating these through their actions, balances and sequences
- Apply jumps to incorporate apparatus into sequences showing fluidity of movement between transitions: movements, balances, rolls and jumps
- Use a range of compositional elements when creating and developing sequences i.e. changes in speed, level and direction
- To show knowledge and understanding of the basic principles of warming up and why it's important for good quality performance
- To evaluate and improve their own and others' performances considering quality and fluidity of movements/balances/jumps

Activities I can take part in to achieve my objectives:

- Independent
- Paired