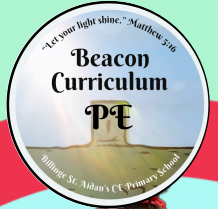


Year 4 - Gymnastics - HT1



Prior Learning: In Year three, children began to develop jumps with a turn: quarter, half, three quarters and full. They recapped rolls and they were introduced to the teddy bear roll and practiced these on their own and in pairs. They developed their bunny hops over a distance and on low apparatus. They also practiced balancing (points and patches). They created sequences in pairs and transferred these skills on to a variety of apparatus.

Key Skills

Physical Me

- Travelling



- Rolls



Teddy bear roll
in pairs/4's

- Balances



Matching



Mirroring

- Bunny hops onto low apparatus



- Movement onto Apparatus



- Sequences- in pairs/fours

Thinking Me

- Linking skills
- Providing feedback
- Observing

Value Me

- Courtesy
- Passion

Social Me

- Co-operate
- Communication
- Mini Coach
- Team work

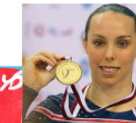
Gymnastic Events

- Floor
- Vault
- Rhythmic
- Tumbling
- Acrobatic

Inspirational Athlete

Beth Tweddle:

Renowned for her uneven bar and floor routines, she was the first female gymnast from Great Britain to win a medal at the European Championships, World Championships, and Olympic Games.



Key Vocabulary

Matching

Mirroring

Static

Elements

Fluency

Apparatus

Body Tension

Sequences

Sashay

Key knowledge

Travelling - Different ways of moving in a sequence linking one skill to the next.

Matching - Performing exactly the same movement at exactly the same time as another gymnast.

Mirroring - A pair of gymnasts perform the same movements in a mirror image of each other.

Elements - Each gymnastic skill being performed.

Body Tension - Gymnast squeezes their muscles to make them strong when performing their skills. Good body tension gives the gymnast control when performing.

I can statements	✓	✗
Can perform various shapes		
Perform basic jump (straight jump, Star jump)		
Perform a tuck rock and a tuck roll and rocket roll with pointed toes		
Perform a simple balance holding for 3 seconds		
Perform a bunny hop- hands first then feet		
Perform a basic sequence (roll, jump and roll)		
Moving on and off apparatus with control		

Anything else you have learnt? What have you enjoyed?