



What should I already know?

- To be able to adapt a sequence to suit different types of apparatus.
- To choose actions that flow well into one another.
- To choose and plan sequences of contrasting actions.
- To complete actions with increasing balance and control.
- To move in unison and with a partner.

Skills I will develop:

- To be able to identify some muscle groups used in gymnastic activities.
- To plan and perform sequences with a partner that include a change of level and shape.
- To explain what happens to my body when I exercise and how this helps make me healthy.
- To safely perform balances individually and with a partner.
- To understand how body tension can improve the control and quality of my movements.

Key Skills: Physical

- Individual and partner balances
- Jumps using rotation
- Straight roll
- Barrel roll
- Forward roll
- Straddle roll
- Bridge
- Shoulder stand



Key Skills: S.E.T

- Social: Responsibility
- Social: Collaboration
- Social: Communication
- Social: Respect
- Emotional: Confidence
- Thinking: Observing and providing feedback
- Thinking: Selecting and applying actions
- Thinking: Evaluating and improving sequences



Key Vocabulary (including definition)

Technique: The particular method or way of doing or performing something.

Quality: Being of high quality.

Sequence: A pattern or process when one element follows another.

Perform: To present to an audience.

Rotation: One cycle or circular movement around a fixed point.

Extension: Stretching limbs to full extent.

Apparatus: Equipment used to carry out certain gymnastics moves.

Shapes	Inverted movements	Balances	Year 4	Rolls	Jumps
Develop the range of shapes they use in their sequences.	Develop strength in bridge and shoulder stand.	Develop control and fluency in individual and partner balances.		Develop the straight, barrel, forward and straddle roll and perform with increased control.	Develop control in performing and landing rotation jumps.