



P.E.

**Gymnastics
(balance)**

Year 4

Autumn Term 1

Skills

- 6 elements. *e.g. four twisted shapes and two ways of travelling.*
- Teach your sequence to a partner, and then perform it so that both of you start and finish at the same time.

Key Knowledge

Plan, perform and repeat longer sequences that include changes of speed, level, clear shapes and quality of movement.

Demonstrate exercises that strengthen major muscle groups.

Understand the short- and long-term risks associated with lifting, carrying and lowering with poor technique.

Sequence of Practical Experiences

To perform a range of actions and agilities with consistency and clarity of movement.

perform a range of actions and agilities with consistency and fluency.

combine actions to make sequences with changes of speed, level and direction.

work with a partner to make contrasting balances on the floor and apparatus.

make simple assessments of performance based on a criterion given by the teacher and chosen by the class.

gradually increase the length of sequences showing a change in direction and /or level.

Statutory requirements

- develop flexibility, strength, technique, control and balance [e.g, through athletics and gymnastics]
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Prior Learning

- Up to 5 elements *e.g. 3jumps & 2 balances.*
- Contrasting actions and shapes. Show extension when balancing and flow when transferring your weight.

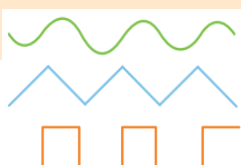
Key Vocabulary

Transition	Smoothly going from one movement to another
Explosive movement	The ability to produce maximum force in minimal time
Sustained	Continuing for an extended period or without interruption.
Posture	How the body is held and positioned using muscle and skeleton.

- Rotation, 90°, 180°, 270°, half turn, spinning, axis
- Direction, slow, stop, still,
- Strengthening muscles, increasing flexibility, postural muscles, joint mobility, suppleness. High impact, force, absorbing impact.
- Inverted, contrasting, extension, flow, combinations, stretched.

Techniques

Travelling lines



Apparatus



Heads, Hearts, Hands

