



**P.E.**

**Gymnastics**  
(receiving body weight)

**Year 4**

**Spring 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

devise warm up routines that prepare them for their gymnastic work

deliver warm up routines that prepare them for their gymnastic work

combine actions and maintain the quality of performance when performing at the same time as a partner

offer constructive ideas when working with a partner and determine the impact on their performance

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

## 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. 3 jumps & 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

