

## Prior learning:

- Be able to move confidently and safely around the space
- Perform movements using a range of body parts and actions
- Discuss how the body feels at different stages of exercise/movement e.g. hot, heart beats faster
- Perform and sequence simple actions and still shapes.
- Copy and create movements with some awareness of structure
- Show an understanding of how to safely carry and place equipment
- Begin to watch, copy and evaluate others' performances

## What will I learn by the end of the topic?

- To move confidently & safely in their own & general space
- Perform movements using a range of body actions & parts
- To recognise how their body feels when still & exercising and begin to discuss the impact this has
- Explore gymnastics actions & still shapes and link them into a routine
- Copy and create movements with a clear beginning, middle and end
- Know how to carry & place apparatus
- Watch, copy & evaluate others' performances and discuss necessary improvements.

## Key Vocabulary:

<b>Forward roll</b>	A complete rotation of the body in a forward motion with the hips passing over the head.
<b>Front support</b>	A position the gymnast uses to support the arm with the front facing the apparatus.
<b>Back support</b>	A position where the gymnast uses to support the arm with the back parallel to the floor
<b>Turns</b>	A rotation of the body.
<b>Jumps</b>	When you move from one position to another using your legs and feet.
<b>Shapes</b>	<p><b>Tuck</b> - a position in which the knees and hips are bent and drawn into the chest; the body is folded at the waist.</p> <p><b>Pike</b> - Body bent forward more than 90 degrees at the hips while the legs are kept straight.</p> <p><b>Straddle</b> - a position where both legs move out to the side</p> <p><b>Star</b> - a position in which both legs and arms are pointing outwards diagonally.</p> <p><b>Straight</b> - a position in which the body is completely straight and inline</p>
<b>Bridge</b>	Is when the gymnast lies flat on the floor and pushes up so they are supported by their hands and feet
<b>Splits</b>	A split is when the gymnast improves their flexibility by moving their legs outwards whilst keeping them straight
<b>Mount and dismount</b>	A mount refers to getting onto the apparatus and dismount refers to getting off the apparatus
<b>Travelling</b>	Moving in a variety of ways and directions
<b>Levels</b>	Working at different heights (low, middle and high)

## What they look like in action:

Back support



Front support



Tuck



Straddle



Pike



Arch



Box splits



