



Prior learning:

- 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.

What will I learn by the end of the topic?

Year 3:

- Consolidate and improve the quality of their actions, body shapes and balances, and their ability to link movements
- To improve the ability to select appropriate actions and use simple compositional ideas
- recognise and describe the short term effects of exercise on the body during different activities know the importance of suppleness and strength
- describe and evaluate the effectiveness and quality of a performance recognise how their own performance has improved

Year 4:

- To develop the range of actions, body shapes and balances they include in a performance
- To create gymnastic sequences that meet a theme or set of conditions
- To use compositional devices when creating their sequences, such as changes in speed, levels and direction
- To perform skills and actions more accurately and consistently
- To discuss how their body changes a different stages of the routine and how this effects the way they perform
- Describe their own and others' work, making simple judgments about the quality of performances and suggesting ways they could be improved
- Discuss how the movements, actions and shapes improve their body control and overall performance

Key Vocabulary:

Basic Vocabulary	Jump, turn, travel, level,
Forward roll	A complete rotation of the body in a forward motion with the hips passing over the head.
Front support	A position the gymnast uses to support the arm with the front facing the apparatus.
Back support	A position where the gymnast uses to support the arm with the back parallel to the floor
Shapes	<p>Tuck - a position in which the knees and hips are bent and drawn into the chest; the body is folded at the waist.</p> <p>Pike - Body bent forward more than 90 degrees at the hips while the legs are kept straight.</p> <p>Straddle - a position where both legs move out to the side</p> <p>Star - a position in which both legs and arms are pointing outwards diagonally.</p> <p>Straight - a position in which the body is completely straight and inline</p>
Bridge	Is when the gymnast lies flat on the floor and pushes up so they are supported by their hands and feet
Splits	A split is when the gymnast improves their flexibility by moving their legs outwards whilst keeping them straight
Mount and dismount	A mount refers to getting onto the apparatus and dismount refers to getting off the apparatus
Pivot	A turn made on the ball of the foot
Arabesque	Two steps forward and stretching forward to complete an arch
Cartwheel	A circular sideward handspring with the arms and legs extended
Handstand	A movement in which the gymnast places both hands on the floor and kicks into an inverted position
Round off	The legs are put together in a vertical position and the body makes a $\frac{1}{4}$ turn inward.

What they look like in action:

Back support



Front support



Tuck



Straddle



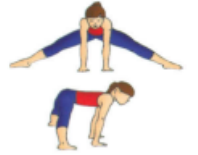
Pike



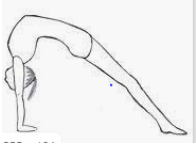
Arch



Box splits



Bridge



Arabesque



Handstand



Forward Roll



Side support



Cartwheel



Shoulder stand



Gymnastics - Forward roll, front support/back support, half turn, full turn, bunny hops, shapes (tuck, pike, straddle, star, straight) Linking actions together, copying each other. Moving from body part to body part; travelling in different ways. Begin to work on low level apparatus, jumping off and landing accurately using the correct technique.