



Prior learning:

- 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

What will I learn by the end of the topic?

- Perform actions, shapes and balances clearly, consistently and fluently, with good body tension and extension
- Perform combinations of actions and agilities that show clear differences between levels, speeds and directions
- Repeat accurately a longer sequence with more challenging actions, with an emphasis on extension, clear body shape and changes in direction
- Choose and apply basic compositional ideas to the sequences they create, and adapt them to new situations
- know and understand the basic principles of warming up and why it is important for good quality performance
- understand why physical activity is good for their health
- choose and use information and basic criteria to evaluate their own and others' work
- Adapt sequences to include a partner or a small group
- Think about skills which are symmetrical, performed in cannon and unison

Key Vocabulary:

Basic Vocabulary	Jump, turn, travel, level, roll
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.
Sequence	Movements combined to create a routine
Unison	Performing movements, shapes and actions together at the same time
Cannon	Performing actions, shapes or movements one after another
Mirroring	Performing actions, movements and shapes opposite with a mirror effect

What they look like in action:

Back support



Front support



Tuck



Straddle



Pike



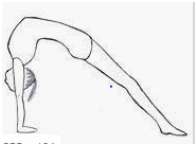
Arch



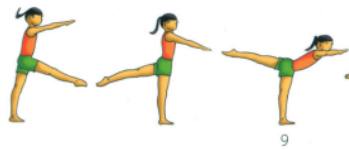
Japana



Bridge



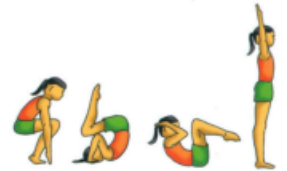
Arabesque



Handstand



Forward Roll



Side support



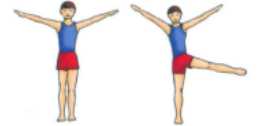
Cartwheel



Shoulder stand



Y Balance



Round off



Backward roll straddle



Right/left and box splits



