



Prior learning:

- Perform a variety of actions, shapes and balances clearly, consistently and fluently demonstrating good body control and extension
- Beginning to perform combinations of actions and agilities that demonstrate different directions, speed and levels
- Beginning to perform longer sequences with more challenging actions
- Can choose and apply basic compositional ideas to the sequences they create, and adapt them to new situations
- Knows and understands the basic principles of warming up and why it is important for good quality performance understand why physical activity is good for their health
- Can choose and use information and basic criteria to evaluate their own and others' work
- Beginning to confidently adapt sequences to include a partner or a small group
- Thinks about skills which are symmetrical, performed in cannon and unison

What will I learn by the end of the topic?

- Children use their knowledge of compositional principles to develop sequences that show an awareness of their audience.
- To combine and perform gymnastic actions, shapes and balances more fluently and effectively across the activity areas
- Performs fluently and with control, even when performing difficult combinations
- Works well with a partner or a small group to practise and refine their work
- Makes up longer sequences and performs them with fluency and clarity of movement
- Vary direction, levels and pathways, to improve the look of a sequence
- Use planned variations and contrasts in actions and speed in their sequences

Help the children to investigate how different ways of working with a partner or a small group, *eg starting together, starting apart, moving apart and then together matching actions, moving in opposite directions on a diagonal*, help to change the way their sequence is seen.

Teach the children to use compositional devices, *eg contrasts and variations in shape, speed, level, timing and actions*, when developing their own sequences.

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



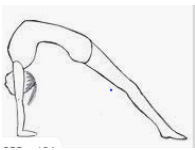
Arch



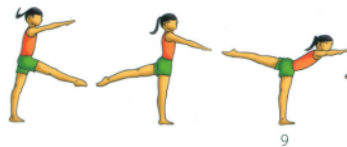
Japana



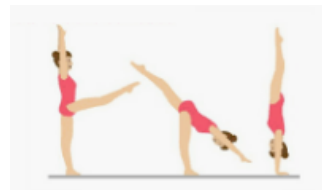
Bridge



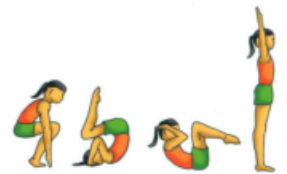
Arabesque



Handstand



Forward Roll



Side support



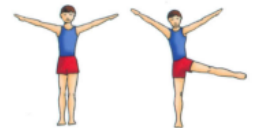
Cartwheel



Shoulder stand



Y Balance



Round off



Backward roll straddle



Right/left and boz splits

