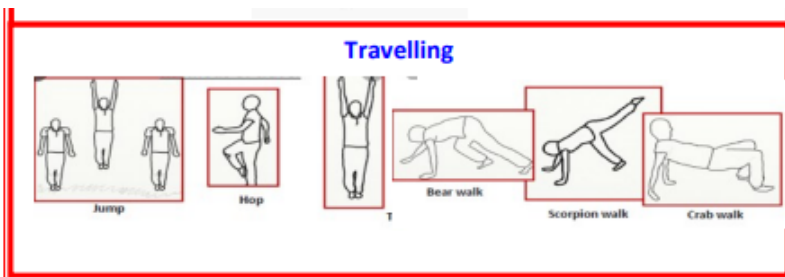


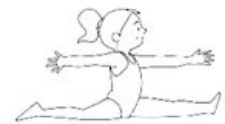
PE		Year 4	
Focus: Gymnastics			
Age related historical vocabulary			
<b>tension</b>	holding your body tightly to be in control of every movement	<b>partner balance</b>	Working together with a partner to create interesting shapes.
<b>extension</b>	the height of your leg when stretching in a balance	<b>travel</b>	movements to link actions such as skipping, hopping, jumping
<b>action</b>	a single gymnastic skill, balance or movement	<b>evaluate</b>	to review my work and decide my next steps
<b>linking</b>	placing actions together in a logical order - making them flow	<b>unison</b>	Partner/Group work all performing the same skills at the same time.
<b>sequence</b>	a series of actions linked together to perform	<b>canon</b>	Partner/Group work one performs skill then the next person performs.



### Shapes and moves



Tuck



Splits



Straddle



Arch



Dish

### Key Knowledge

- Gymnasts move their bodies with poise and tension. They extend their limbs and bodies to create elegant shapes.
- Gymnasts create shapes with their bodies.
- Gymnast create sequences that link actions together smoothly. Sequences can be put to music and gymnasts use the music to move with the beat.
- Linking actions together with different ways of travelling helps create a smooth sequence. Using different heights in travelling adds variety.
- Partner balances rely on counter tension and counter balance.
- Evaluating your own and other's performances helps create better sequences, shapes and performances.