



Physical Education GYMNASTICS

Y4

Unit Focus:

Become increasingly competent and confident to perform skills more consistently. Perform in time with a partner and group. Use compositional ideas in sequences.

Prior Learning:

- Identified similarities and differences in sequences.
- Developed body management over a range of floor exercises.
- Attempted to bring explosive movements into floor work.

Concepts:

- Basic gymnastics shapes are tuck, straddle, pike, star, dish, arch, L-sit, back support, front support, v-sit, bridge, straight, arabesque.



Decide on ways to improve a piece of work using compositional elements and implement changes.



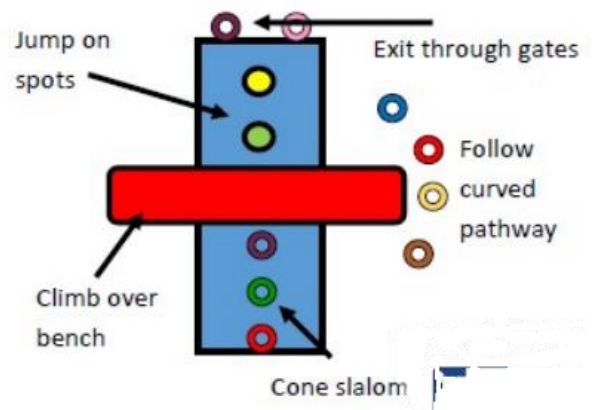
Demonstrate some control when taking weight on hands.



Adapt actions and sequences to work with partners and small groups.

Key Vocabulary/Skills:

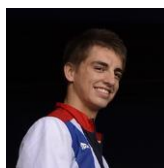
Changes in speed.	Control, group, similar, different, direction, speed, partner, actions, compositional, stamina, leap, refine, progression.
Step.	
Cartwheel progressions.	
Composition ideas.	
Refining Sequences.	



Inspiring Individuals



Simone Biles Owens
(1997 – present)



Max Whitlock
(1993 – present)

Equipment

Mats, hoops, cones, wall bars, bean bags, low apparatus, skipping ropes, ropes, action cards.

Key Questions

1. How many compositional elements can you identify?
2. Did you use different pathways in your sequence?
3. What safety aspects do you need to consider when performing a cartwheel?