

## Gymnastics Y4



<b>National Curriculum subject content:</b>
<ul style="list-style-type: none"> <li>✓ develop flexibility, strength, technique, control and balance (for example, through athletics and gymnastics)</li> <li>✓ compare their performances with previous ones and demonstrate improvement to achieve their personal best</li> </ul>
<b>National Curriculum theme:</b>
✓ gymnastics

<b>Key Vocabulary:</b>	
Balance	the ability to maintain a controlled body position during task performance
Routines	the usual series of things that you do at a particular time
Control	to exercise restraining or directing influence over
Dismount	to get down from something
Extension	the act of getting more time, space, or length
Fluency	the ability to move with speed, accuracy
Travelling	the activity of going from one place to another place

<b>Sequence of Learning:</b>					
<b>Objectives (key knowledge):</b>					
<p>Lesson 1.</p> <p>To develop pupils' knowledge of gymnastics balances.</p> <p>To develop pupils ability to hold a balance</p>	<p>Lesson 2.</p> <p>To develop pupils' knowledge of gymnastics balances.</p> <p>To develop pupils' ability to hold a balance</p>	<p>Lesson 3.</p> <p>To develop pupils' ability to hold a balance.</p> <p>To develop pupils' ability to travel in a variety of ways</p>	<p>Lesson 4.</p> <p>To develop pupils' ability to hold a balance.</p> <p>To develop pupils' ability to travel in a variety of ways</p>	<p>Lesson 5.</p> <p>To develop pupils' ability to travel in a variety of ways</p> <p>To develop children's knowledge of mirror/match &amp; canon &amp; unison</p>	<p>Lesson 6.</p> <p>To develop pupils' ability to travel in a variety of ways</p> <p>To develop children's knowledge of mirror/match &amp; canon &amp; unison</p>