


**Caroline Haslett Primary School - PE**

<b>Caroline Haslett Primary School - PE</b>		
<b>Topic: Gymnastics</b>	<b>Year 4</b>	<b>Gymnastics</b>
<b>Knowledge</b>		<b>Vocabulary</b>
<ul style="list-style-type: none"> <li>• Knows how to utilise a range of equipment to enhance their movements</li> <li>• Understands how to link movement phrases together with increased precision while maintaining fluency</li> </ul>		<ul style="list-style-type: none"> <li>• <b>Tuck</b> - a body position where the knees and hips are bent and drawn into the chest with the hands holding the knees.</li> <li>• <b>Straddle</b> - a body position in which the body faces forward and the legs are spread far apart to the side, ideally to a 180 degree split or more.</li> <li>• <b>Vault</b> - an artistic gymnastics apparatus which gymnasts perform on, as well as the skill performed using that apparatus.</li> <li>• <b>Cartwheel</b> -</li> </ul> <div align="center">  </div> <ul style="list-style-type: none"> <li>• <b>Lunge</b> - back leg straight, front leg bent. Squeeze bottom and core.</li> </ul>
<b>Activities</b>		
<ul style="list-style-type: none"> <li>• Explore different combinations of apparatus to look at shape, balance and travel</li> <li>• Practise and refine an action or short sequence showing quality movement phrases, combining different actions for effect.</li> <li>• Develop longer and more varied movement phrases with smooth, planned links between actions</li> </ul>		
<b>Skills</b>		
<ul style="list-style-type: none"> <li>• Perform a range of rolls, jump and leaps with control and accuracy</li> <li>• Perform a sequence combining speed, level, direction and a variety of shapes</li> <li>• Travel and balance symmetrically and asymmetrically</li> <li>• Perform a straddle on a vault correctly</li> <li>• Perform a cartwheel correctly</li> </ul>		