"Whatever you do, work at it with all your heart"

Colossians 3:23

Gymnastics

Year 4 - Autumn 1 & 2

Key Knowledge:

To know that:

- Three types of gymnastics leaps are scissor, 2 to 1 and stag.
- All gymnastics moves should be performed with control and poise.
- Keep arms straight above the head to help rotate the body when doing a jump turn.
- A scissor and stag leaps are two types of leaps.
- Teddy bear, shoulder, log and egg are types of rolls
- 5 large body parts which can be used in a patch balance (side, shoulders, bottom, back, front)
- 5 small body parts for a point balance (head, knees, elbows, feet, hands).
- Moving one arm or one leg you can turn a symmetrical balance into an asymmetrical balance.

Key Vocabulary:

- Extension-the height of the leg when it is raised into the air
- Matching-Pupils perform exactly the same movements at the same time
- Mirroring-Pupils perform their movements in a mirror image of each other

