



PE Topic: Gymnastics

Year: 4 Term: Autumn 2

Key Knowledge/Content:

- To continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
- To enjoy communicating and collaborating with each other.
- To develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- To develop flexibility, strength, technique, control and balance.
- To compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Links to:

Prior learning:

To find different ways of travelling on low, medium and high levels.

Future learning:

To create sequences that meet set criteria.

Key vocabulary with definition:

Prior vocabulary:

- Flow – How movements ‘go’ together.
- Symmetrical – Made up of the same parts facing each other.
- Asymmetrical – Not symmetrical.
- Combination – Different actions put together.
- Evaluate – Assess the positives and negatives.
- Adapt – To change something.
- Refine – Make small changes to improve.
- Contrasting – Noticeably different.
- Suppleness – Moving with ease.

New vocabulary:

- Rotation – Circular movement around an object.
- Improve – To make or become better.
- Strength – The quality of being strong.
- Stamina – The ability to sustain physical effort.
- Level – The position of something.
- Mirroring – The reflection or replication of something.

By the end of this unit

All children can: perform actions, body shapes and balances.

Most children can: explore symmetry within balances.

Some children can: develop and refine control of rolls.

Background understanding for teachers and parents:

This half term is Gymnastics, with a focus on sequences. The children will learn how to perform a range of balances, both symmetrical and asymmetrical. They will also explore different types of travel and how to link these into sequences.

Curriculum Driver (one):

Communication

Evidence outcome:

To communicate ideas to a partner and create sequences.