



Subject	PE	Theme	Indoor	Term	2-4
---------	----	-------	--------	------	-----

What should I already know?

Gymnastics: How to travel on hands and feet. What balancing is and how to balance on hand and feet both on and off equipment. How to demonstrate a variety of shapes including tuck, wide, curve and straight. How to perform basic jumps such as star, tuck and straight jumps. How to incorporate jumps into a sequence.

Knowledge

- I know what balance means
- I know how to perform a range of more advanced balances including an arabesque, side leg balance, bottom balance and knee balance.
- I know when I balance I should have good tension and extension in my limbs.
- I know that a balance should be held for a sustained period.
- I know how to create balances with a partner.
- I know how to create a sequence of balances.
- I know what is meant by the term 'to mirror a movement.'
- I know what is meant by the term 'to match a movement.'

Knowledge

- I know what flight is
- I know how to perform a half turn, pike and straddle jump.
- I know how to land a jump safely.
- I know what a 180 degrees roll is.
- I know how to perform a forward roll.
- I know how to create a longer sequence to music.
- I know what unison is.
- I know what cannon is in terms of gymnastic movements.
- I know how to link moves and jumps together so that they flow.
- I know I need to have good control, strength, flexibility, timing and co-ordination to perform in a small group.

Key Vocabulary

Balance - to put (something) in a steady position so it does not fall.
Tension - To stretch tight. To apply a force to something which makes it stretch.
Extension - The action of moving a limb from a bent to a straight position.
Matched - same arm/leg as partner
Mirrored - opposite arm/leg as partner.
Sequence - a set of related events, movements, or items that follow each other in a particular order.

Key Vocabulary

Flight - the action or process of flying through the air.
Pike - performed with the knees straight and the body bent at the waist.
Straddle - 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.
Unison - Perform altogether at the same time.
Cannon - Perform one after another.
Strength - state of being physically strong.
Flexibility - The ability to move a body joint through its full range of motion.
Co-ordination - the ability to use different parts of the body together smoothly and efficiently.