

Year 4 Gymnastics Unit 3

National Curriculum objectives

Develop flexibility, strength, technique, control and balance.

Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Key Learning

- Perform & evaluate a routine: matching balances & stands; with matching balances on apparatus; with contrasting balances; with contrasting balances on and over apparatus; with linked balances on and over apparatus
- Perform a shoulder and headstand safely without support
- Perform a forward roll with appropriate entrances and exits including on, off and over apparatus
- Link movements by performing jumps, turns and pivots
- Complete mirroring actions along different pathways and levels, including basic rolls

Equipment

- Cones
- Pathway maps
- Mats
- Gym tables
- Benches/Beams
- Chalk
- Wedges/springboards (if applicable)
- Theme cards
- Balls
- Music

Key Questions

What does the word pathway mean?

Which roll was the most difficult for you and your partner to mirror?

What is the importance of doing stretches?

What improvements do you think you've made since you started gymnastics this year?

Key Vocabulary

Apparatus: Equipment needed to walk across, jump from, balance on e.g. gymnastic table.

Assessment: Judging how well a task was completed.

Balances: A static (still) position which holds the body in a position.

Cat leap: Push off floor, arms above head, knee up, point toes.

Chassis step: A triple-step sequence in any direction (forward, side, back, diagonally, or curving).

Communication: Sharing ideas and plans clearly with someone else.

Control: Being able to use your body in a precise manner.

Flow: Fluid movements showing control and energy.

Hop: Travelling on one leg.

Jumping: Leaping into the air, either from the floor or from an object onto the floor.

Linking: A way of changing from one movement to another, with a transition/link.

Mirroring & matching: To reflect the movements, shapes and positions of a partner like a reflection in a mirror.

Pathways: Where you plan on travelling/moving within your routine.

Pivot: To rotate, swing, or move back and forth whilst one foot remains in the same position on the floor.

Rolling: Using your body to roll across the floor, e.g. tuck roll, pencil roll.

Routine: A series of movements and balances which are performed to others.

Shapes: Using your body to create shapes, e.g. pike, straddle, tuck, star,

Synchronisation: To move at the same rate and time exactly together, either in a pair or group.

Timing: Pacing movements in a steady manner, anticipating when to make the next move.

Travelling: A method of getting from one place to another, e.g. walking, jumping, rolling.

Turning: Rotating to face another direction in quarter, half or full turns.

Yoga: The practice of linking the mind and body together at the same time in a series of movements.

Safety

- Remove all jewellery including earrings
- Long hair must be tied back
- (safety) Mats used one between two or one per pupil
- Use correct techniques
- Complete a warm-up and cool-down