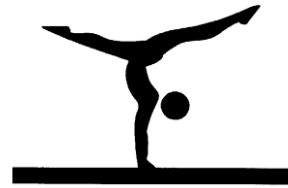




## Key Vocabulary

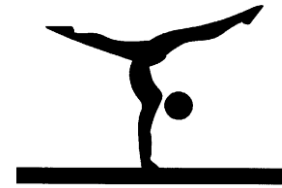
Travelling  
 Shapes  
 Balance  
 Jumps  
 Rolls  
 Extension  
 Tension  
 Performance

Unison  
 Cannon  
 Flexibility



# Gymnastics

## PE LKS2



## Physical wellbeing

I know some reasons for warming up and cooling down.

I know the importance of strength and flexibility for physical activity.

## Key knowledge and skills



### Shapes and balances:

I know how to perform matching and contrasting balances, 1,2,3 and 4 point, pike, tuck straddle.

### Rolls:

I know how to perform a forward roll, forward roll from standing, straddle forward roll, tucked backward roll.

### Jumps:

I know how to perform a straddle, pike, tuck, straight jump and half-turn.

### Compete/perform:

I know how to perform and create sequences with fluency and expression.

### Evaluate:

I know how to modify skills or techniques to achieve a better performance.

## Links to other subjects:

Science (Year 3 healthy eating)

Science (Year 4 animals including humans)



## Links to prior learning:

Evaluating your own and other performances.

### Next steps:

Choose and use criteria to evaluate my own and others work.

## Head



Understanding  
Responsibility

## Heart



Respect  
Communication  
Resilience

## Hands



Technique  
Problem solving