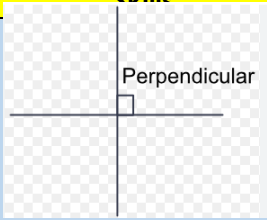
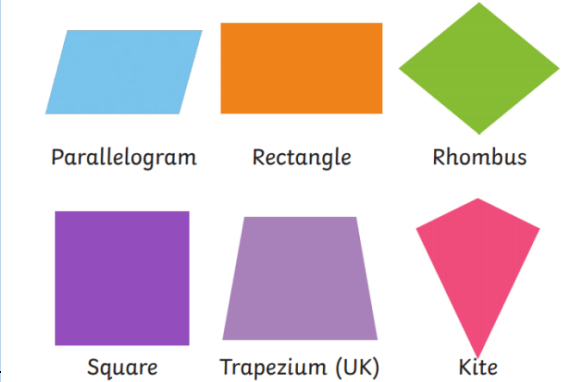



PE	Y4 – Travelling skills - KLP	
Skills	Crucial Knowledge	Concepts & Vocabulary
  <p>Parallelogram      Rectangle      Rhombus</p> <p>Square      Trapezium (UK)      Kite</p>	<p>I know that a dynamic warm up is important to prepare the body for movement, warming up my muscles.</p> <p>I know that pathways are patterns of movement that a gymnast follows whilst performing a travelling movement.</p> <p>I can move along 3 defined pathways: a perpendicular line, a repeating zigzag pathway and a quadrilateral shaped pathway.</p> <p>I can demonstrate an ability to travel using movements including; the chasse step, bear walks, crab walks sliding &amp; gliding and galloping.</p>	<p><b>Concepts</b></p> <ul style="list-style-type: none"> <li>• To build, develop and demonstrate resilience</li> <li>• To be knowledgeable about the impact and importance of physical activity on their bodies, health and well-being</li> </ul> <p><b>Vocabulary</b></p> <p>Chasse step Gliding Galloping Direction Perpendicular Quadrilateral</p>
	<p>I can link simple movements of travelling to perform a synchronised routine with a partner along a clearly defined pathway with 3 contrasting travelling movements showing different directions of travel.</p>	<p><b>Declarative knowledge</b></p> <p>The <b>pathways</b> I can travel along are a perpendicular line (right angle), repeated zigzag pathway – using the floor and apparatus, and a quadrilateral-shaped pathway.</p> <p><b>Travelling movements</b> should be controlled and should show an awareness of body parts (recognising and isolating body parts &amp; exploring movement with specific body parts).</p>