

What I should already know

- Know the importance of strength and flexibility for physical activity.
- Use the floor and low-level apparatus to explore a variety of pathways (straight line, curved, zigzag).
- Travelling using tiptoe, step – jump – hop, chassis steps, cat leap and hopscotch.
- Develop the quality of their shapes moving with coordination and control.
- Use turns whilst travelling in a variety of ways.
- Begin to show flexibility in their movements.
- Make decisions about speed, level, shape, bodypart to improve their performance.
- Explain why exercise is good for your health, strength and flexibility.
- Travel around the hall over and under the apparatus taking weight incorporating 1, 2, 3 & 4-point balances.
- Balance with and without a partner.
- Include pike, tuck, star, straight and straddle shapes using low and high-level apparatus.
- Explore rolls (forwards, backwards, straddle, pencil).
- Roll bearing weight on hands using the floor and apparatus.
- Balance and roll using the floor and low-level apparatus focussing on fluidity of movement.
- Perform and create sequences with fluency and control.

Key Vocabulary

routine	Combination or a series of movements which are linked and flow together
Composing a routine	When composing a routine it must have a clear start and end. STRONG CORE – CLEAR SHAPE – FIRM BASE
Aerobic activity	Aerobic exercise is any type of cardiovascular conditioning. It can include activities like brisk walking, swimming, running, or cycling. You probably know it as “cardio.”
flight	Using jumping to move between two points or to change direction.
Straight jump	See diagram below
Tuck jump	A jump with knees tucked in to chest (see image to the left)
Twist (half turn)	A jump with a twist 180 degrees (see image to the left)
Twist (full turn)	A jump with a 360 degrees twist (see diagram below).
Tension	The state of being stretched tight and managing to hold that position. ‘Tension in the arms’ = holding a stretch.
Extension	Extension of a joint (elbow, knee, shoulder etc) is moving toward straightness. In the case of the shoulders, extension is pushing your arm away from your torso as when doing a handstand and pushing your feet as high as possible.
Executed	A technique or style used to complete the skills in a gymnastics performance
Sequence	A series of balances and travels put together
Vault	An exercise in which a gymnast leaps over a piece of equipment

Jumps, Leaps and Turns

1. Tucked Shape



- Take off from the bench with two feet.
- Bring your knees up to your chest to make the tuck shape in the air.
- Land on two feet with your arms forward for balance.

4. Half-Turn off Bench



- Take off from the bench with two feet.
- Use your arms to swing up and twist in the air.
- Make a stretched shape (straight arms and legs.)
- Extend and stretch through to your fingers and toes.
- Toes pointed.
- Land facing the bench on two feet with your arms forward for balance.

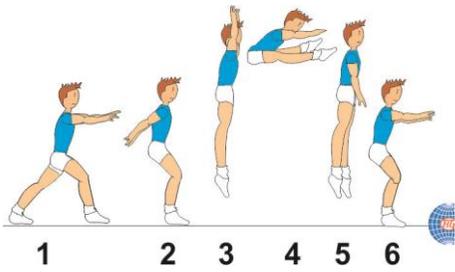
Jumps, Leaps and Turns

3. Straight

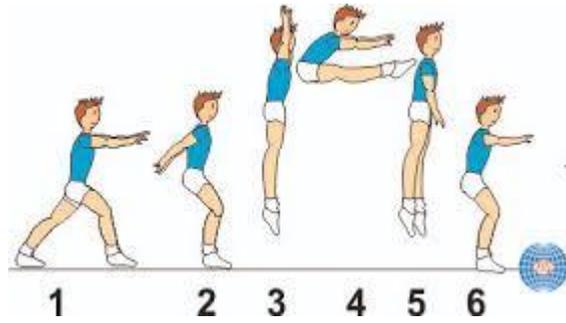


- Take off with two feet.
- Use your arms to swing up.
- Make a stretched shape (straight arms and legs) in the air.
- Extend and stretch through to your fingers and toes.
- Toes pointed.
- Land on two feet with your arms forward for balance.

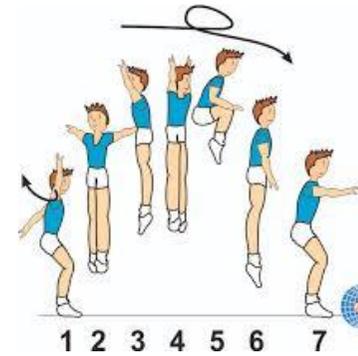
Modelling



Straddle jump



Straight jump



Full turn twist

Rolls

