

Knowledge Organiser: Year 4 Gymnastics Unit 1

Prior Learning:

Identified similarities and differences in sequences.
Developed body management over a range of floor exercises.
Attempted to bring explosive movements into floor work.

Unit Focus:

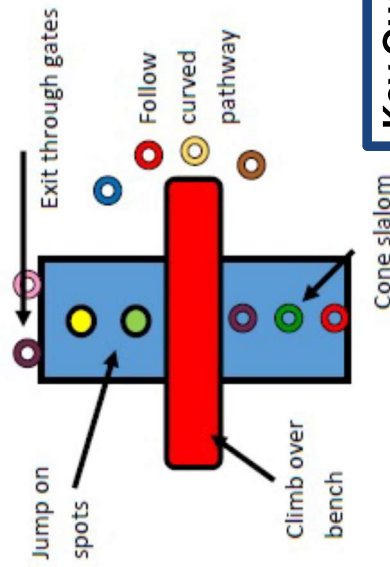
Become increasingly competent and confident to perform skills more consistently. Perform in time with a partner and group.
Use compositional ideas in sequences.

Head: Decide on ways to improve a piece of work using compositional elements and implement changes.

Hand: Demonstrate some control when taking weight on hands.

Heart: Adapt actions and sequences to work with partners and small groups.

Equipment needed: Mats, hoops, cones, wall bars, bean bags, low apparatus, skipping ropes, ropes, action cards.



Key Vocabulary/Skills

Changes in speed.	Control, group, similar, different, direction, speed, partner, actions, compositional, stamina, leap, refine, progression.
Step.	
Cartwheel progressions.	
Composition ideas.	
Refining Sequences.	

Key Questions:

1. How many compositional elements can you identify?
2. Did you use different pathways in your sequence?
3. What safety aspects do you need to consider when performing a cartwheel?

Concepts:

Basic gymnastics shapes are tuck, straddle, pike, star, dish, arch, L-sit, back support, front support, v-sit, bridge, straight, arabesque.

