

Gymnastics

Key Vocabulary for Gymnastics

Extension - extending limbs to point toes and fingers whilst keeping the head upright.

Body tension - muscle contraction resulting in a still pose or balance.

Momentum - the product of the body rotating to create movement.

Inverted - placed or lying upside down or in the opposite position, order, or arrangement from usual.

Technique - a way of carrying out a particular task, especially the performance of an artistic work.

Rotate - move in a circle round an axis.

Abdominals - muscles that support the trunk and allow rotational movement.

Core strength - strength provided by the abdominal and back muscles.

Key Knowledge for Gymnastics

Shapes: understand how shapes can be used to improve my sequence.

Inverted movements: know that inverted movements are actions in which my hips go above my head.

Balances: know how to keep myself and others safe when performing partner balances. Rolls: understand that I can keep the shape of my roll using body tension.

Jumps: know that I can control my landing by landing toes first, looking forwards and bending my knees.

Strategy: know that if I use different directions it will help to make my sequence look interesting.

Key Skills for Gymnastics

Shapes: develop the range of shapes I use in my sequences.

Inverted movements: develop strength in bridge and shoulder stand.

Balances: develop control and fluency in individual and partner balances.

Rolls: develop the straight, barrel, forward and straddle roll and perform them with increased control.

Jumps: develop control in performing and landing rotation jumps.

Concepts

Motor Competence - having a secure repertoire of fundamental movement skills and techniques that form increasingly complex movement patterns and sequences within domain-specific contexts.

Strategies and Rules - having an increasingly complex knowledge of context-specific rules, conventions, regulations and strategies and knowing how to be successful across a range of activities and sports.

Healthy Participation - understanding and demonstrating how to safely prepare and participate in increasingly specific contexts, and the short-term and long-term impacts of sport and physical activity.

PE Year 4: Spring 1

Key Questions

Team Building OAA

Why is communication essential when working towards a shared goal?

How can we build trust when our partner is blindfolded?

What non-verbal skills are most effective?

What makes a good communicator?

How can we make our instructions effective?

How do we orientate a map?

Gymnastics

How can you improve your balance?

Which muscle groups help you create good tension in your body?

What points are important to remember when performing a safe landing?

How did you decide which balances and jumps link together?

What two shapes are used in a straight roll?

What helps you gain momentum in a forward roll?

Team Building OAA

Key Vocabulary for Team Building OAA

Navigate - to plan and direct the course by using instruments and maps.

Inclusive - not excluding any of the parties or groups involved in something.

Orientate - the relevant position or direction of something.

Symbol - a shape or sign used to represent something.

Plan - the process of making plans for something.

Route - a way or course taken in getting from a starting point to a destination.

Leader - the person who leads or commands a group.

Key Knowledge for Team Building OAA

Problem solving: know that discussing the advantages and disadvantages of ideas will help to guide us to a conclusion about which idea to use.

Navigational skills: understand how to use a key and use the cardinal points on a map to orientate it.

Communication: understand that there are different types of communication and that I can communicate without talking.

Reflection: with increased accuracy, critically reflect on when and why I am successful at solving challenges. Rules: understand the importance of working with integrity.

Key Skills for Team Building OAA

Problem solving: plan independently and in small groups, implementing a strategy with increased success.

Navigational skills: identify key symbols on a map and follow a route.

Communication: confidently communicate ideas and listen to others.