

# 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 2

## 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.