



Physical Education

Gymnastics Year 4

Unit Purpose

The unit of work will focus on pupils using and applying an understanding of **levels** and **direction** to create and perform sequences in groups.

Pupils will create their sequences, combining both changes in level and direction, with balances and using a range of apparatus.

Inspire Me

Did you know... that only women compete on the Balance Beam and Uneven Bars. Only men compete on the Parallel Bars, High Bar, Pommel Horse and Rings. Both men and women can compete in the Floor and Vault



Key Success Criteria

- P** Pupils will develop and create a sequence that includes a change of direction and a change in level, including movements and balances that flow
- C** Pupils will apply life skills such as resourcefulness as they create their sequences in pairs, making adaptations when necessary.
- S** Pupils will apply life skills such as encouragement as they work together to create their sequences and suggest ways to improve.
- W** Pupils will apply life skills such as self-motivation as they strive to improve their sequences and produce high quality performances.

Vocabulary for Learning

Excellent gymnastics: 'Excellent' refers to when pupils are being silent, extending their fingers and toes and when they make a shape/balance, which they are able to hold still for at least 4 seconds.

Extension: This is when pupils are pointing (extending) their fingers and toes when moving or holding a balance.

Flow: This is when a gymnast moves from one action to another without stopping.

Interesting: This means pupils are thinking and being creative. This includes adding different levels and different connection points to their balances and/or movements.

Levels: This refers to when a gymnast is creating movements and balances that are performed using different heights either on the floor or on apparatus.

Direction: This refers to when a gymnast changes the course along which they were moving.

Unison: Unison is where pupils perform the same movement at exactly the same time as each other.

Canon: Canon is where pupils perform the same movement one after the other.

Integrity

Application of 'Jumping,' learning, onto apparatus

Exploring changes in 'Level'

Communication

Jumping and Turning

Introduction to Flight

Application of learning onto apparatus to include changes in 'Direction' and 'Level'

Transition to Year 5

Year 4 Learning Journey

Resourcefulness

Exploring changes in 'Direction'

Encouragement

Combining changes in 'Level' and 'Direction' to create sequences in groups using

Self Motivation

Sequence completion and performance