



# Year 4: Gymnastics Proficiency

Subject Specific Vocabulary		Important Information	Important knowledge
<b>shoulder stand</b>	The torso and legs are raised vertically over the head and supported on the shoulders and arms.	 <p>Flat jana</p>  <p>Wolf jump</p>	<input type="checkbox"/> I can support myself using tension when balancing.
<b>chasse</b>	A triple-step pattern of gliding character in a "step-together-step" pattern.		<input type="checkbox"/> I can link balances to traveling skills.
<b>leap</b>	A jump from one foot to the other.		<input type="checkbox"/> I can perform core proficiency number 4.
<b>routine</b>	A combination of skill elements performed as one.		<input type="checkbox"/> I can perform jumps and balances at a height.
<b>flat jana</b>	A stretch which involves folding the body while in a straddle shape.		<input type="checkbox"/> I can perform a head stand using support.
<b>evaluate</b>	To comment accurately on one's own and others' performance.		<input type="checkbox"/> I know how to use flexibility within gymnastics.
<b>strength</b>	Being physically strong.		<input type="checkbox"/> I can use momentum to perform rotation skills.
<b>momentum</b>	A motion of the body to help with fluid direction.		<input type="checkbox"/> I can link skills together to create a sequence.
<b>wolf jump</b>	A pike jump with one leg bent and one leg straight.		<input type="checkbox"/> I can perform a routine to music.
<b>reaction</b>	A way to respond to music.		<input type="checkbox"/> I can perform skills from Proficiency 3 independently.
			<input type="checkbox"/> I can perform skills from Proficiency 3 using equipment as support.
			<input type="checkbox"/> I can perform a routine as part of a group with advanced skills.