






# Year 4: Gymnastics

Subject Specific Vocabulary		Important Information	Important knowledge
<b>Point balance</b>	Using body tension to stay still whilst balancing on a small part of the body.		<input type="checkbox"/> I can vary the types of balances I can perform
<b>Patch balance</b>	Using body tension to stay still whilst balancing on a larger part of the body.		<input type="checkbox"/> I know which small parts of the body can take weights and show high positions using different combinations
<b>Leap</b>	Moving from one place on the floor to another in the air.		<input type="checkbox"/> I can tell the difference between point and patch balances
<b>Jump</b>	Landing in the same spot that you took off from.		<input type="checkbox"/> I can tell the difference between a leap and a jump
<b>Cushioned landing</b>	Bending knees and using arms to control your balance after a jump or leap.		<input type="checkbox"/> I can safely land/jump and understand how to cushion my landing
<b>Twist</b>	Rotating in the air either $\frac{1}{4}$ , $\frac{1}{2}$ or the full way around.		<input type="checkbox"/> I know and understand the safety implications involved in various types of rolling and show rolling sideways in curled and stretched shapes
<b>Support</b>	Holding a partner safely to help them in a balance.		<input type="checkbox"/> I can twist from two feet to two feet under control
<b>Linking</b>	Joining different moves together to create a sequence.		<input type="checkbox"/> I can use different parts of the body to balance when I am high and low
<b>Tucked roll</b>	Rolling across the floor once in a ball shape with knees tucked into chest.		<input type="checkbox"/> I can start to support a partner when they are performing a balance
<b>Straight roll</b>	Rolling across the floor once in a straight shape keeping ankles and knees together.		<input type="checkbox"/> I can link together a jump, safe landing, and rolling action showing different combinations of shapes