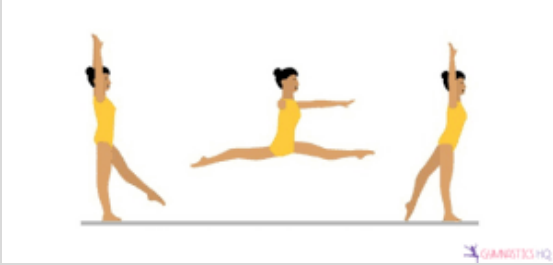




Year 4: Gymnastics

Subject Specific Vocabulary		Important Information	Important Knowledge
point balance	Using body tension to stay still whilst balancing on a small part of the body.		<ul style="list-style-type: none"> <input type="checkbox"/> I can vary the types of balances I can perform. <input type="checkbox"/> I know which small parts of the body can take weights and show high positions using different combinations. <input type="checkbox"/> I can tell the difference between point and patch balances. <input type="checkbox"/> I can tell the difference between a leap and a jump. <input type="checkbox"/> I can safely land/jump and understand how to cushion my landing. <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. <input type="checkbox"/> I can twist from two feet to two feet under control. <input type="checkbox"/> I can use different parts of the body to balance when I am high and low. <input type="checkbox"/> I can start to support a partner when they are performing a balance. <input type="checkbox"/> I can link together a jump, safe landing, and rolling action showing different combinations of shapes.
patch balance	Using body tension to stay still whilst balancing on a larger part of the body.		
leap	Moving from one place on the floor to another in the air.		
jump	Landing in the same spot that you took off from.		
cushioned landing	Bending knees and using arms to control your balance after a jump or leap.		
twist	Rotating in the air either ¼, ½ or the full way around.		
support	Holding a partner safely to help them in a balance.		
linking	Joining different moves together to create a sequence.		
tucked roll	Rolling across the floor once in a ball shape with knees tucked into chest.		
straight roll	Rolling across the floor once in a straight shape keeping ankles and knees together.		