

## **World's End Junior School Knowledge Organiser: Year 4 – Gymnastics**

In this gymnastics unit, children will learn how to perform the forward roll and counter balances, this will then be added to prior knowledge of rolls and balances to create sequences.

### **Key objectives:**

#### **Objectives to cover during unit of work:**

I can hold a balance for a few seconds.

I can extend my fingers and toes to create almost straight lines.

I can perform balances at different levels (floor, mid and on apparatus).

I can perform a range of jumps with increasing accuracy.

I can perform different rolls with increasing accuracy (pencil, teddy bear and forward roll).

I can perform 2, 3 and 4-point balances.

I am beginning to perform counter balances (with a partner).

I can create a short routine using different levels and speeds.

I am beginning to be able to give feedback on my own and other's performances.

I am beginning to use constructive criticism to improve my performance.

### **Key Questions:**

1. What do you need to do to perform and hold a balance correctly?
2. What is a counter balance?
3. How do I transition from a roll to a jump smoothly?
4. How do I perform a forward roll safely?
5. How do I include different levels in a performance?

### **Key Vocabulary:**

Balance

Apparatus

Levels

Sequence

Pointed toes

Pointed fingers

Straight arms and legs

2,3 and 4-point balance

Tuck jump

Pencil roll

Teddy bear roll

Forward roll

### **Health for life:**

At least 30 minutes of continuous movement to increase cardiovascular strength.

### **Strands included in this unit:**

Spirituality

Creativity

Health for life and well-being