

World's End Junior School Knowledge Organiser

Year 4 - Gymnastics

In this gymnastics unit, children will build on prior knowledge of rolls and balances by adding a range of jumps, further rolls and counter balances.

Counter Balances



Forward Roll



Movement

- Hold counter balances with a partner.
- Include the forward roll in sequences.
- Perform a range of jumps.
- Build on prior knowledge to work at different levels.

Leadership

- I can lead a small group activity.
- I can listen and respond in an appropriate manner.
- I can manage the space around me.

Tactics and Strategies

- Use strategies to transition between different levels.
- Use strategies to perform in small groups.

Healthy lifestyle

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



Personal and Social

- Work with a team to create a sequence of balances, rolls and jumps.
- Use constructive feedback to improve my performance and others.

Vocabulary

Gymnastics, balance, counter balance, stretch, rolls, jumps, levels, sequence, 4-point balance

Vocabulary explained

Balance: to remain still in a set position for 3 seconds.

Counterbalance: to complete a balance with a partner.

Stretch: to extend the arms and legs when balancing and point fingers and toes.

Pencil roll: rotation of the body sideways when arms and legs are straight.

Tuck roll: rotation of the body sideways when arms and legs are tucked in.

Forward roll: rolling into a ball and moving forwards.

Jumps: a range of jumps creating different shapes with the body.

Levels: Height at which you are performing (e.g.

Low - close to the ground, high – on tip toes).

Sequences: linking together multiple balances and rolls that can be repeated.

4-point balances: balance while having four parts of your body touching the floor.

Professional Gymnastics

Elite gymnasts compete at the Olympics, Commonwealth Games, Worlds and European Championships.

Different types of gymnastics: Artistic, Rhythmic, Trampolining, Acrobatics, Aerobic, Parkour, Tumbling

British gymnasts
Claudia Fragapane
and Kristian Thomas

