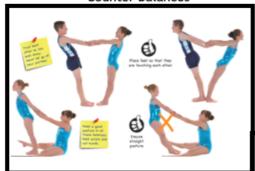
World's End Junior School Knowledge Organiser Year 4 - Gymnastics

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 lifestye

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



Physical Education

Knowledge

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

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 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

