

Year 4 Term 2  
**PHYSICAL EDUCATION**  
**Gymnastics**



**National Curriculum Links:**

Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].  
 Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

**Essential Prior Learning:**

Work with a partner to balance on different parts of the body.  
 Create a sequence that includes apparatus, travelling, balances with stillness and changes in direction and level with a partner Rock forwards and backwards to standing and a shoulder stand.  
 Progress bunny hops into cartwheels  
 Gymnastics improves flexibility; it helps muscle and joint strength which leads to less chance of injury. It reduces stiffness in muscles and joints. Improves bone health.  
 Carry out skills safely.

**Progression in Skill:**

Work with a partner to mirror each other's actions.  
 Extend rocking and rolling action to forwards and backwards rolls.

Vault onto low apparatus, safely landing on feet.  
 Continue to extend sequences, including a clear beginning, middle and end.  
 Reflect on your own skills, recognising what you can achieve well and areas for development.  
 Carry out skills safely.

**Long-term Memory Knowledge:**

Develop control and coordination by copying the movements of others.  
 Perform forwards and backwards rolls.  
 Vault onto low apparatus, landing safely on your feet.  
 Develop sequences that have clear beginnings, middles and ends, giving thought to the order in which to combine actions.  
 Know your areas of strength and which things are tricky and need more practise.  
 Recognise the importance of safety for self and others.  
 Understand why safety rules exist and how to follow them.

**Key Vocabulary**

<b>mirror</b>	Copying someone else's movements like you're their reflection.
<b>rock</b>	A gentle back-and-forth movement, like rocking in a chair.
<b>roll</b>	Turning your body over in a smooth, round motion, like a pencil roll.
<b>vault</b>	Jumping over something using hands and feet to help.
<b>apparatus</b>	The equipment used in gymnastics, like mats, benches, or bars.

<b>sequence</b>	A set of movements performed one after the other.
<b>balance</b>	Staying still and steady without falling.
<b>shape</b>	The way your body looks during a movement, like a tuck or star shape.
<b>counter balance</b>	Two people balancing together by using each other's weight to stay steady.

**Progression in Resources:**

Spring board, bench, table, mats, apparatus, ropes

**Relevance**

<b>Now</b>	Children are able to create fluid and visually exciting gymnastics routines with their peers.
<b>Future</b>	Children take up gymnastics out of school as a hobby. They use physical activity as a source of enjoyment.
<b>Aspiration</b>	Children enjoy activities such as yoga and Pilates to support their mental and physical health.