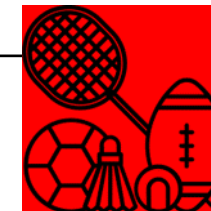




Objectives and Sticky Knowledge



Previous Knowledge:

Show control in your movements

Plan and show a sequence of movements, showing contrast

Work on your own and with a partner to create a sequence in different ways, following a set of 'rules'

Land Objectives and Sticky Knowledge:

Move in a controlled way.	Include change of speed and direction in a sequence	Work with a partner to create, repeat and improve a sequence with at least three phases
<ol style="list-style-type: none"> 1. Know why control is important in gymnastics routines. 2. Know how to demonstrate control by taking your time to perform movements. 3. Know different actions to perform in a gymnastics sequence. 4. Know that following a sequence is similar to shadowing. 	<ol style="list-style-type: none"> 1. Know that change of speed in gymnastics routines changes the way that the performance looks to the audience. 2. Know that speed can be slow, medium or fast and different movements require different speeds to create a positive effect on the performance. 3. Know ways to change direction in a sequence 4. Know how to make different shapes with your body during a sequence. 	<ol style="list-style-type: none"> 1. Know how rules are implemented in gymnastics. 2. Know how to create a set of rules for a sequence. 3. Understand that rules are just as important in gymnastics as they are in games. 4. Know how to improve a sequence with a partner. 5. Know what a phase means in relation to gymnastics and how to create more than one phase in a routine.

Sea:

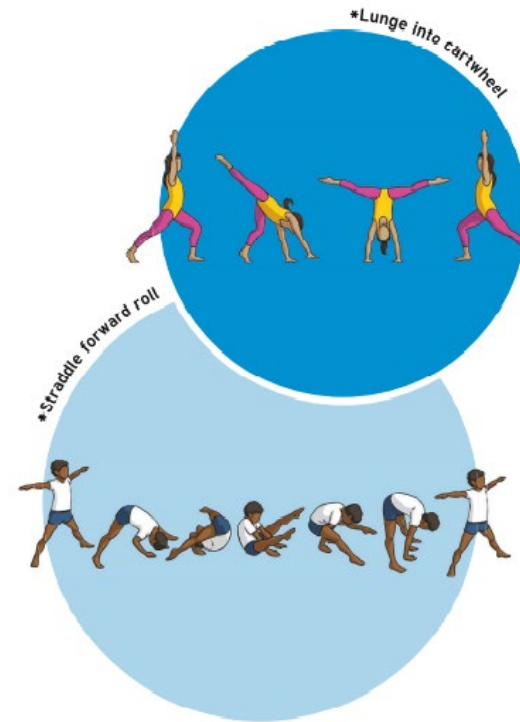
Links with 'Sustainability and Stewardship' Golden Thread

Links to CST and CTK Values:

Year 4 Gymnastics Knowledge Organiser

Key Vocabulary

Landing	The ending position of a skill or movement.
Sequence	A combination of two or more skills performed one after the other.
Control	Awareness and manipulation of physical elements of the body required to execute a skill.
Flexibility	Range of motion in and around the joints of the body allowing for greater movement, assisted by the lengthening and strengthening of the muscles.
Lunge	Position in which the upper body remains upright while one leg is bent at the knee and placed forward of the body while the other leg is positioned straight and behind.



Sky Objectives:

1. Can actively show an understanding of the ABC's.
2. Can encourage other children during a competitive situation when losing.
3. Can identify the role of the heart when exercising.

