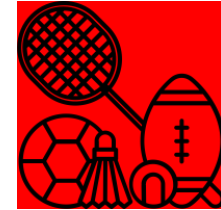




Objectives and Sticky Knowledge

Previous Knowledge Recap:

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:

To adapt sequences to suit different types of apparatus and your partner's ability.	To compare and contrast gymnastic sequences, commenting on similarities and differences.	To use a greater number of your own ideas for movement in response to a task, focusing on strength and suppleness.
<ol style="list-style-type: none"> 1. Know that adapting means changing. 2. Know how to adapt sequences in relation to the apparatus available. 3. Know how ideas can be developed into a sequence. 4. Know that apparatus is equipment used in a gymnastics sequence such as benches and climbing equipment. 	<ol style="list-style-type: none"> 1. Know similarities and differences in gymnastics routines and how to spot them in different performances. 2. Know how to compare and contrast performances that you and your peers create. 3. Know that compare means spotting the similarities and differences between two things. 4. Know that contrast means how things differ. 	<ol style="list-style-type: none"> 1. Know that strength is how strong your body performs and what you can achieve. 2. Know that suppleness means how easily you can move in different ways. 3. Know that flexibility and suppleness in gymnastics are similar when moving/performing

Links with 'Communication' Golden Thread:

Links with CST and CKA Values Crown: