

What should I already know?

- How to travel in different ways.
- How to copy actions and rhythms.
- How to find and use space.
- How to work with a partner.

Gems of Knowledge

What will I do?

- Copy , create and explore different ways of travelling
- Develop balance and coordination
- Create sequences with a partner
- Perform jumps with control.

What will I know?

- Describe what I or others have done well.
- Understand the importance of safety when landing.



Great Gymnasts!



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FOCUS - Agility and balance

Vocabulary

<p>Control - Being in charge of how you move and performing actions carefully.</p>		<p>Sequence - Linking shapes and movements together.</p>	
<p>Shape - Holding your body in a certain position.</p>		<p>Coordination - Using different parts of your body at the same time.</p>	
<p>Travelling - A way of moving.</p>		<p>Balance - Holding your body in one position.</p>	