

What should I already know?

- Show different ways of performing shape, travel and direction.
- Combine actions to create sequences of movement.
- Improve the quality of key shapes.
- Collaborate with others.

Gems of Knowledge

Procedural Knowledge

- Perform complex balances that require supporting your own body weight.
- Link a range of movements with fluency and finesse.
- Perform complex jumps and jump combinations.
- Perform confidently in front of an audience.

Declarative Knowledge -

- Explain and demonstrate safe practice at all times.
- Understand the meaning of travelling with purpose, control and finesse.



Great Gymnasts!



Beth Tweddle
GB



Simone Biles
USA

FOCUS - Adapting level and speed

Vocabulary

Fluency -

Ensuring each movement/shape flows into the next to form a sequence rather than a set of single movements.



Sequence -
Linking shapes and movements together with a beginning, middle and end.



Finesse -

Showing delicacy, control and refined skills.



Coordination -
Using different parts of your body at the same time.



Combinations -

Using more than one skill/technique at a time to develop complexity.



Purpose -

Why are you carrying out this movement?
Why use this shape?

