

#### What should I already know?

- Different shapes and balances.
- How to stay still when balancing.
- How to land safely .
- How to create a sequence of movements.

#### Gems of Knowledge

##### What will I do?

- Show flowing, smooth movements.
- Travel in different ways, showing control.
- Use the floor and apparatus to to create sequences of quality movements.
- Develop gymnastic skills such as balances and rolls.

##### What will I know?

- Understand and describe what happens to my heartrate when I am active.
- Understand the importance travelling and transitioning with quality and purpose.



### Great Gymnasts!



**Max Whitlock**  
GB



**Louis Smith**  
GB

### FOCUS - Travelling and linking shapes

### Vocabulary

<p><b>Control -</b> Being in charge of how you move and performing actions carefully.</p>		<p><b>Apparatus -</b> Equipment that you will use to carry out balances.</p>	
<p><b>Shape -</b> Holding your body in a certain position.</p>		<p><b>Mirroring -</b> Copying the actions of others.</p>	
<p><b>Heart rate</b> = the speed you heart is beating.</p>		<p><b>Unison -</b> Performing at the same time as your partner.</p>	