

What should I already know?

- Perform a combination of actions with a change in speed, level or direction.
- Perform the gymnastics actions on the floor and over, through, across and along apparatus.
- Develop flexibility, strength, agility, balance, coordination and control.

Gems of Knowledge

Procedural Knowledge -

- Find different ways of using shape, travel and direction.
- Explore movements and creativity
- Work well in small groups to create roll sequences, sharing ideas and listening to others.
- Improve the quality of key shape jumps, turn jumps, and rebound jumps.

Declarative Knowledge -

- Come up with suitable warm-up activities for the upcoming activities.
- Learn the names of muscles in the body.



Vocabulary

FOCUS - Balances

<p>Transition - Moving from one shape to another.</p>		<p>Tension - Tightening of muscles</p>	
<p>Momentum - Using your weight/mass to add force to your movement.</p>		<p>Coordination - Using different parts of your body at the same time.</p>	
<p>Flexibility Muscles and joints moving with ease.</p>		<p>Rebound jump - Using the momentum of your arms and your toes to repeat jumps,</p>	

Great Gymnasts!



Max Whitlock
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Louis Smith
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