# PE

# Y34 Cycle B- Spring I

## **Gymnastics**

## 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.

# Great Gymnasts!



Max Whitlock GB



Louis Smith GB

### FOCUS -Balances

## **Vocabulary**

### Transition -

Moving from one shape to another.



## Tension -

Tigthening of muscles



#### Momentum -

Using your weight/mass to add force to yourmovement.

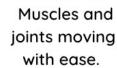


## Coordination -

Using different parts of your body at the same time.



## Flexibility





#### Rebound jump -

Using the momentum of your arms and your toes to repeat jumps,

