

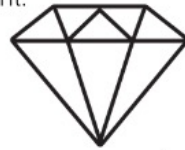
What should I already know?

- Perform more complex balances, including balances that require supporting own body weight.
- Link a range of movements with fluency and finesse.
- Perform more complex jumps and jump combinations.
- Explore a range of apparatus and incorporate some into a routine.
- Perform in front of an audience confidently.

Gems of Knowledge

Procedural Knowledge -

- Explore, improvise and combine movement ideas fluently and effectively.
- Link skills to make actions and longer sequences of movement.
- Develop jumping as a progressive activity.
- Begin to understand what vaulting is in gymnastics.
- Work in a group to build sequences using apparatus.



Declarative Knowledge -

- Describe the key technique points of a variety of different gymnastics rolls.
- Evaluate performance, recognising what is successful and what could be improved.

FOCUS -
Level, speed and direction.

Vocabulary

<p>Transition - Moving from one shape to another.</p>		<p>Tension - Tightening of muscles</p>	
<p>Vaulting - Propelling over something and landing on your feet.</p>		<p>Rebound - Low impact contact which develops momentum.</p>	
<p>Formation - a specific arrangement of where you are positioned.</p>		<p>Fluency - Smooth movements and transitions.</p>	

Great Gymnasts!



Max Whitlock
GB



Louis Smith
GB