

**What should I already know?**

- How to copy, create and explore different ways of travelling.
- Developed my balance and coordination.
- Perform jumps with control.
- Describe what I or others have done well.

**Gems of Knowledge****What will I do?**

- Show flowing movement; changing dynamics.
- Develop flexibility, strength and coordination.
- Land safely when performing jumps on the floor and from apparatus
- Create floor and apparatus sequences.

**What will I know?**

- Understand the importance of travelling with purpose and quality.
- Understand and describe changes to the heart rate when exercising.




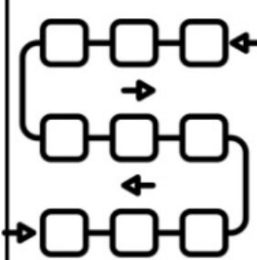

**Great Gymnasts!**

**Beth Tweddle**  
GB



**Simone Biles**  
USA

**Master basic movements -  
Simple sequence patterns.**
**Vocabulary**

<b>Dynamics -</b> High and low		<b>Apparatus -</b> Equipment used to perform sequences.	
<b>Flexibility -</b> Bending, twisting and stretching.		<b>Sequences -</b> Linking shapes and movements together to creating a movement pattern.	
<b>Coordination -</b> Use two body parts together at the same time.		<b>Quality -</b> How good something is.	