

### What should I already know?

- Perform actions showing speed, direction and level.
- Develop flexibility, control, balance, coordination, agility and strength.
- Identify what I need to do to improve my performance.

### Gems of Knowledge

#### What will I do?

- Improve the quality of my leaping and leap in different directions.
- Show control, accuracy and fluency of movement when performing actions individually and when with a partner.
- Develop balance individually and with a partner.
- Create and perform sequences that include changes of dynamics - EG - changes of level, speed or direction.
- Apply skills both on the floor and using apparatus.



#### What will I know?

- Describe and evaluate the quality of a performance.
- Learn how to use skills in different ways and link them to make actions and sequences of movements.

## Develop Flexibility, control and balance - Balancing and Travelling

### Vocabulary

<b>Dynamics -</b> High and low		<b>Rotation -</b> <ul style="list-style-type: none"> <li>• Turning/spinning /twisting.</li> <li>• A variety of movement patterns.</li> </ul>	
<b>Combination</b> = Completing multiple things at once.		<b>Momentum -</b> Using power/force to create movement	
<b>Coordination</b> = Use two body parts together at the same time.		<b>Transition -</b> move into and out of balances/shapes.	

### Great Gymnasts!



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