# Y34 Cycle B - Summer

### **Gymnastics (Unit 2)**

### 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.
- Appy 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.

## **Great Gymnasts!**



Beth Tweddle GB



**Simone Biles** USA

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

### Vocabulary

### **Dynamics** -

High and low



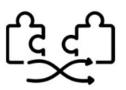
#### Rotation -

- Turning/spinning /twisting.
- A variety of movement patterns.



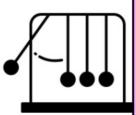
#### Combination

Completing multiple things at once.



### Momentum -

Usina power/force to create movement



#### Coordination

- Use two body parts together at the same time.



### Transition -

move into and out of balances/ shapes.

