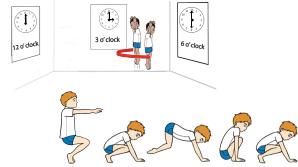


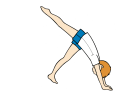
**Prior Learning:** In Year two, children continued to master their basic gymnastic shapes. They also continued to master jumps such as Straight, Star and Tuck. They progressed from log rolls to dish/arch rolls and a forward roll. They developed their bunny hops on the floor and then on small apparatus. Children developed sequences, linking 3 skills together. Challenge lessons encouraged them to transfer key physical skills onto apparatus.



- Jumps with turns ( $\frac{1}{4}$ ,  $\frac{1}{2}$ ,  $\frac{3}{4}$ , full)
- Rolls
- Balances
- Bunny hops
- Sequences
- Movement onto apparatus



Teddy bear rolls



Point Balance



Patch Balance

## Key Skills



- Determination
- Perseverance
- Passion
- Teamwork
- Kindness
- Self Belief
- Sportsmanship

## Thinking Me

- How can I improve?
- Providing feedback

## Social Me

- Co-operate
- Communication
- Perform in front of a group

## Gymnastic Events

- Floor
- Vault
- Rhythmic
- Tumbling
- Acrobatic

## Key Vocabulary

Teddy Bear

Perform

Half Turn

Point

Travelling

Patch

Quarter Turn

Create



## Key Knowledge

**Jumps with a turn** - Look around arm when turning. Use arms to rotate in a  $\frac{1}{4}$ ,  $\frac{1}{2}$ ,  $\frac{3}{4}$ , or full turn. Land on the same spot bending at the knees.

**Bunny Hops** - Flat hands first, then feet -static and moving.

**Point Balance** - Use large body parts, such as legs, bottom, back or stomach.

**Patch Balance** - Each gymnastic skill being performed.

**Body Tension** - Linking together a series of elements (skills).

**Teddy Bear Roll** - Start in straddle, roll onto shoulder, back, shoulder and then sit up.

## Inspirational Athlete

Nadia Comăneci: Born November 12, 1961, Romanian gymnast who was the first gymnast (at 14) to be awarded a perfect score of 10 in an Olympic event.

