

## Year 4



### Knowledge Organiser: PE

## Gymnastics

| Key Vocabulary       |           |          |                   |
|----------------------|-----------|----------|-------------------|
| Linking              | Unison    | Canon    | Pathway           |
| Partner Relationship | Turn      | Wheeling | Starting position |
| Star                 | Pin       | Tuck     | Flexibility       |
| Actions              | Apparatus | Balance  | Extension         |
| Levels               | Matching  | Points   | Roll              |
| Sequence             | Spin      | Travel   | Control           |

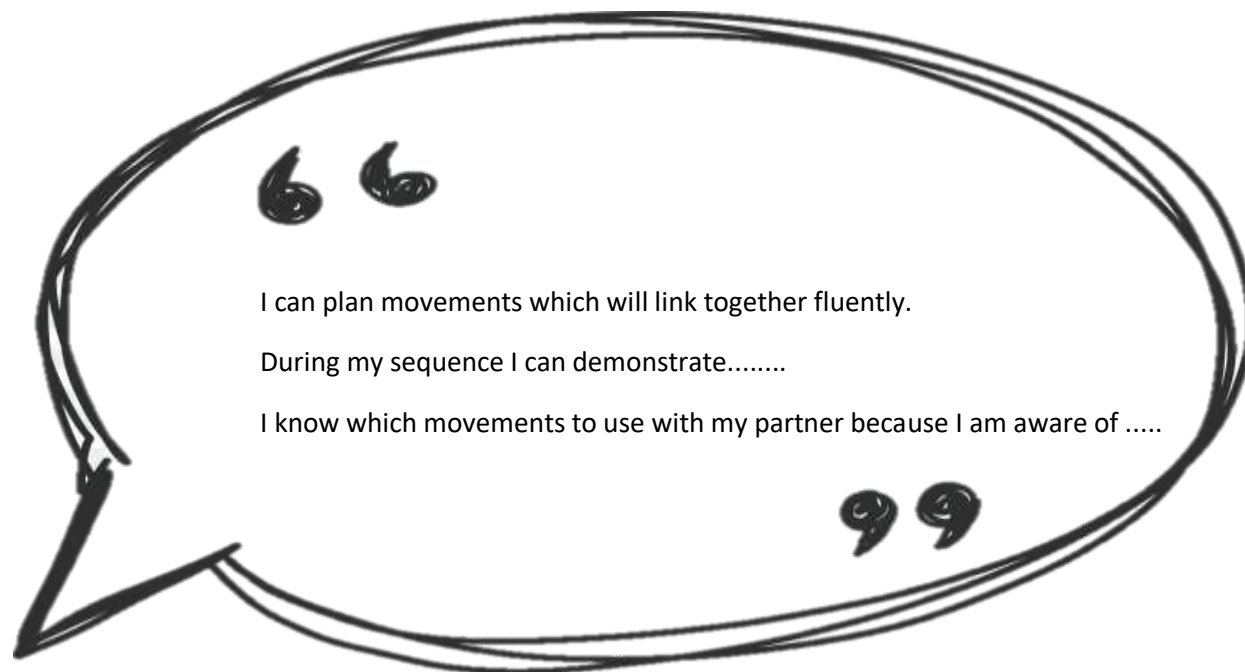


## In Year 3, you learnt to:

Refine movements in to sequences.

Show change.

Swing and hang.



| Key facts                                                                                                                                                              | Key skills                                                                                                                                                                                                                                                                                                                                 |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Plan, perform and repeat sequences.</p> <p>Move in clear, fluent and expressive ways.</p> <p>Travel in a variety of ways.</p> <p>Understand centre and gravity.</p> | <p>Learn how to create a sequence/action with a partner.</p> <p>Demonstrate unison whilst performing at the same time as your partner.</p> <p>Incorporate different ways of travelling such as flight by transferring weight to generate power in movement.</p> <p>Create interesting body shapes by understanding centre and gravity.</p> |