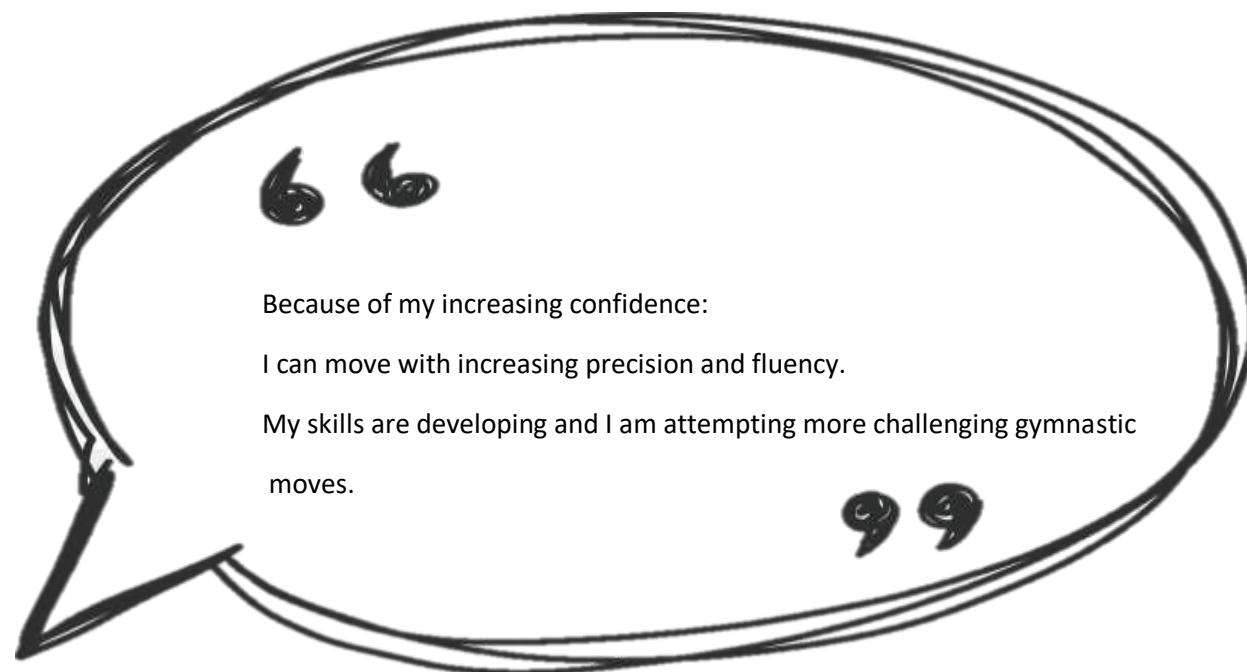


Plan, perform and repeat sequences.
Move in clear, fluent and expressive ways.
Travel in a variety of ways.
Understand centre and gravity.

Key Vocabulary			
Twisting	Matching	Mirroring	Weight on hands
Fluency	Transition	Swinging gesture	L-shape
Flight	Use of speed	Composition	Momentum
Linking	Unison	Canon	Pathway
Partner Relationship	Turn	Wheeling	Starting position
Star	Pin	Tuck	Flexibility
Actions	Apparatus	Balance	Extension



Key facts	Key skills
Create complex and well executed sequences. Link sequences of movements more effectively. Practice and refine gymnastic techniques. Demonstrate good kinaesthetic awareness.	Include a range of movements - balances, travelling, swinging, bending, stretching, twisting and gestures when linking shapes. Movements should be clearly more fluent. Perfect skills, especially those which are more demanding or require more precision.