

Create complex and well executed sequences.
Link sequences of movements more effectively.
Practice and refine gymnastic techniques.
Demonstrate good kinaesthetic awareness.

Key Vocabulary			
Symmetrical	Aysymmetrical	Counter balance	Counter tension
Contrasting	Compose	Forces	Momentum
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



Key facts	Key skills
Create complex and well executed sequences. Vary speed during floor performances. Practice and refine gymnastic techniques. Experience other equipment.	Execute sequences that include a range of movements: springing, flight, vaults rotations - shapes that are strong, fluent and expressive. Whilst working on a floor sequence, change speed, direction, level and body rotation. Include and practice listed above. Vault and swing remaining upright.