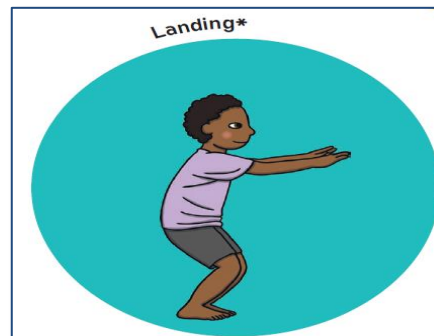
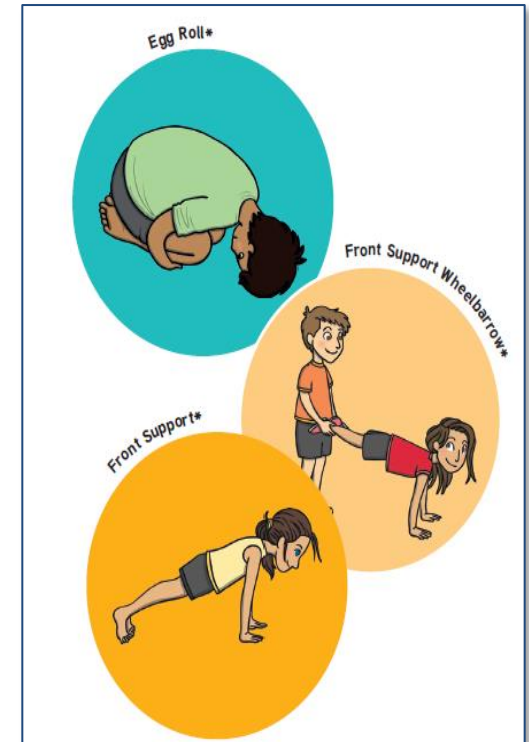


Gymnastics

Knowledge	Skills
To know how to recognise and perform contrasting movements and balances.	To create different shapes with their body and hold them still. To perform a range of controlled balances. To choose and perform two contrasting balances.
To know how to travel in different ways, changing speed and direction.	To travel in different ways. To change speed and direction as they are travelling. To describe their own performance. To perform a range of controlled balance
To know how to control the body when jumping and rolling in different ways.	To roll in different ways. To control their body when they are rolling. To perform a straight jump safely.
To know how to link movements to create a sequence.	To roll in different ways. To control their body when they are rolling. To create a sequence using the movements that I have learnt. To watch and describe a sequence.
To know how to cooperate effectively with a partner. To understand what skills are needed for effective teamwork.	To support my partner in a wheelbarrow position. To perform a front support and develop this into a wheelbarrow. To work with a partner to create a sequence.
To know how to create and perform a sequence with a clear beginning, middle and ending.	To create a sequence using the shapes, balances and movements that they have practised. To change the order of their movements to make my sequence flow more smoothly. To perform their sequence to an audience. To talk about their learning in this unit



Key Words

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