

National Statutory Requirements

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Series of Lessons

- Skip for a sustained period of time.
- Understand and demonstrate how to project body in flight.
- Develop movement patterns, using change mechanisms.
- Mount and dismount a platform safely.
- Develop base and top support balances.
- Create a gymnastic sequence which incorporates a bridge.
- Combine vaults to create a gymnastic sequence.
- Rehearse and refine our sequence.
- Rehearse, perform and evaluate our sequences.

P.E



Creative - Gymnastics

Year 4

Unit Outcome

Perform a collaborative gymnastic sequence to an audience.

Curriculum Progression

Children will be taught:

- Recap and develop balances from Year 3.
- Develop flighted foot patterns in preparation for different jumps and landings.
- Change mechanisms (direction, level (height), tempo (speed), shape and pathway)
- Bridge-like constructions
- Vaulting

The above skills will be developed through the use of partner work and application to large apparatus (e.g. wall bars). The children will then combine these skills by creating and performing a short sequence. All children will be given the opportunity to perform both individually and as part of a group. All children will be given the opportunity to self and peer evaluate performances, developing their key vocabulary whilst doing so.

Vocabulary

- Change mechanisms
- Level (height)
- Tempo (speed)
- Direction
- Shape
- Pathway (e.g. zigzag, curve, straight)

Resources

- Mats
- Hand/large apparatus
- Platforms
- Creature movements cards