



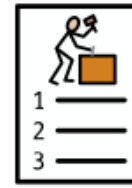
spin



resist



balance



planning



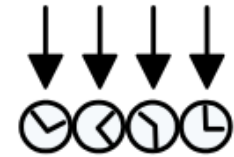
growth
mindset



tumble



PE: Gymnastics - Year 4



routine



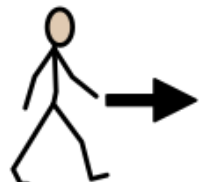
straight back



teamwork



strength



forward roll



cartwheel

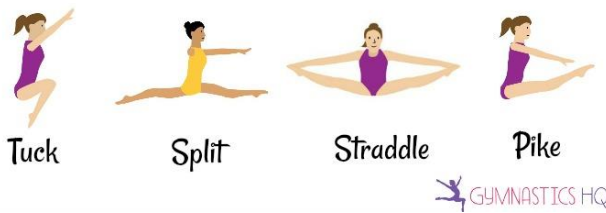

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one-handed
cartwheel



pike

Y4 PE: Gymnastics – Topic Vocabulary Mat

Subject Specific Vocabulary		Relevant Pictures and Information	Exciting Websites
forward roll	An exercise in which a person tucks their head down and rolls their body in a forward circle on the floor.	<p style="text-align: center;">Gymnastics Jump Positions</p> 	https://www.better.org.uk/what-we-offer/lessons-and-courses/gymnastics-lessons
straddle stand	A body position in which the body faces forward and the legs are spread far apart to the side, ideally to a 180-degree split.		<p style="text-align: center;">Pioneers and Role Models</p> <p>Jennifer Gadirova is an Irish-born British artistic gymnast. She represented Great Britain at the 2020 Summer Olympics and won a bronze medal in the team event. She competed at the 2019 Junior World Championships alongside her twin sister, Jessica, where she won a silver medal in the vault final.</p> 
one-handed cartwheel	A cartwheel with the support and use of only one hand.		
round off	A round off is a move in gymnastics similar to a cartwheel, except the gymnast lands with two feet placed together on the ground.		
handstand	The act of supporting the body in a stable, inverted vertical position by balancing on the hands.	<p style="text-align: center;">What I've Learnt Already</p> <p>Year 3:</p> <ul style="list-style-type: none"> I understand the importance of warm ups and raising my pulse rate. I can identify when my pulse has been raised and when my body is ready for stretches. I know the main parts of the body that need to be stretched before a gymnastics session. I know basic conditioning exercises to increase strength. I understand the importance of conditioning, stretching and endurance in gymnastics. I know how to move equipment safely. I know how to safely land and finish. I know how to enter and exit group balances safely and what to do if the balance becomes unsafe. 	<p style="text-align: center;">Key Knowledge</p> <ul style="list-style-type: none"> To understand the importance of pulse raising and warm ups.
squat	A gymnastic vault in which the body is supported on both hands, the knees are flexed and drawn up toward the chest, and the legs pass between the arms as the body passes over the apparatus.	<p style="text-align: center;">Skills I am Developing</p> <ul style="list-style-type: none"> Forward/backward roll variations including rolls to a straddle stand. Cartwheels including; one handed, side to side, front to back, introducing round off, linking and the use of equipment. Handstand shaping and partner handstands. Leap variations, transitional movements, spin variations, linking leaps and spins. Squat and Straddle on a vault, with dismount jumps and rolls along. Individual, partner and group balances Evaluation 	<ul style="list-style-type: none"> To be able to identify when their pulse has been raised and their body is ready for stretches.
straddle	A gymnastic vault in which the body passes over the apparatus in a sitting position with the legs spread wide to each side.		<ul style="list-style-type: none"> To know a variety of stretches that will prepare their bodies for a gymnastics session.
tuck	A position in which the knees and hips are bent and drawn into the chest; the body is folded at the waist.		<ul style="list-style-type: none"> To know basic conditioning exercises to increase stretch and endurance.
pike	A straight-legged position, with a maximum flexion at the hips.		<ul style="list-style-type: none"> To know what conditioning exercises will improve specific parts of the body.
split	A physical position in which the legs are in line with each other and extended in opposite directions.		<ul style="list-style-type: none"> To understand the importance of conditioning, stretch and endurance in gymnastics.
balance	The achievement of physical harmony in both movement and stationary positions.		<ul style="list-style-type: none"> To know how to move a wider range of equipment safely.
incline wedge	Large mats that have a natural incline that makes mastering skills such as a handspring or walkover much easier.		<ul style="list-style-type: none"> To know how to safely land and finish skills.
box top	The piece of gymnastic equipment that the performer has to get over.		