

**Prior Learning:** In Year two, children continued to master their basic gymnastic shapes. They also continued to master jumps such as Straight, Star and Tuck. They progressed from log rolls to dish/arch rolls and a forward roll. They developed their bunny hops on the floor and then on small apparatus. Children developed sequences, linking 3 skills together. Challenge lessons encouraged them to transfer key physical skills onto apparatus.

## Key Skills

### Physical Me

- **Jumps** with turns (1/4, 1/2, 3/4 & Full)



- **Rolls**



Teddy bear rolls

- **Bunny hops**



- **Balances**



Point Balance



Patch Balance

- **Movement onto Apparatus**



- **Sequences**

Co-ordination

Agility

Power

Strength

Flexibility

Balance

### Thinking Me

- How can I improve?
- Provide feedback

### Value Me

- Self belief
- Challenge

### Social Me

- Co-operate
- Communicate
- Perform in front of a group

## Gymnastic Events

- Floor
- Vault
- Rhythmic
- Tumbling
- Acrobatic

## Inspirational Athlete

Nadia Comăneci:

Born November 12, 1961, Romanian gymnast who was the first gymnast (at 14) to be awarded a perfect score of 10 in an Olympic event.



## Key Knowledge

**Jumps With a turn** - Look around arm when turning. Use arms to rotate in a 1/4, 1/2 3/4, or full turn. Land on the same spot bending at the knees.

**Bunny Hops** - Flat hands first, then feet -static and moving.

**Point Balance** - Using small body parts such as feet, hands, head or knees.

**Patch Balance** - Use large body parts, such as legs, bottom, back or stomach.

**Sequence** - Linking together a series of elements (skills).

**Teddy bear roll** - Start in straddle, roll onto shoulder, back, shoulder and then sit up.



## Key Vocabulary

Quarter turn

Half turn

Patch

Point

Teddy Bear

Travelling

Perform

Create