



Year 4 Physical Education - Autumn Term: Gymnastics



1. Travelling in Formation

- Moving as a group
- March to the rhythm
- Timing movements
- Communication
- Canon and symmetry



2. Rock and Roll to Standing

- Rock back in a tuck shape
- Rock forwards
- Draw the heels into the bottom
- Throw the arms forward and stand up

What are the key aspects of a good gymnastics performance?

4. Springboard Pattern

- Step whilst pushing the arms forward
- Circle the arms backward and downwards and jump to land on two feet
- Swing the arms forwards and upwards and rebound to land on two feet

5. Sequence

- Creative and smooth linking movements
- Gymnastic technique
- Spatial awareness



3. Weight On Counter Tension Balance Kneeling

- Hold wrists
- Base - kneeling
- Top - places one foot at a time onto base's thighs
- Top - feet turned 10-2 position
- Top stands upright, base dictates the lean

6. Incorporating Apparatus

- Safety on apparatus
- Creative use of apparatus within gymnastic actions
- Smooth transitions
- Working well with partner

Posture	Tension	Performance	Canon	Linking	Tuck
Springboard	Sequence	Formation	Counter-balance	Apparatus	Symmetry