|  |
| --- |
| **Goonhavern Primary School PE** |
| **TOPIC: PE** | **YEAR: 4** | **STRAND: Gymnastics**  |

|  |  |
| --- | --- |
| **What should I know already?** | **What will I know by the end of the unit?** |
| -To develop my gymnastic basic floor shapes such as crab & bridge-To develop my gymnastic floor movement side roll to knee, teddy bear roll, forward roll and diving forward roll -To know gymnastic floor shapes such as V-Sit, shoulder stand, planche and frog balance-To develop my gymnastic floor shapes when working with others front & back support pair/trio balances-To link Floor Shapes and Floor Movement To link skills together with flow and control-To develop my climbing and Apparatus Skills Climbing Up, Climbing Down, Traversing, 3 Point Holds and Safety Awareness-To develop my movement and balance on the Bench V-Sit and Jumping on the Bench-To develop my mounting, jumping and landing Vault -Mount the Vault, Straight, Star & Tuck Jump Dismount | To confidently know and perform floor shapes such as crab, bridge, v-sit, shoulder stand, planche and frog balance  |
| To confidently know and perform a variety of rolls  |
| How to bring explosive moves into my floorwork through jumps and leaps  |
| Know how I can increase my flexibility gradually over time uses different stretches  |
| How to effectively perform in time with a partner and a group  |
| Know muscles groups needed to support the core of their body |
| How to take weight on small and large body parts, for example hand and shoulder |
| To use skills above and create sequences both on the floor and the apparatus  |
| **School Values** |
| **Five Ways to Wellbeing** |

|  |
| --- |
| **Vocabulary**  |
| Floor Shapes | Shapes you create on the mat  |
| Crab  | Face up arching back up  |
| Bridge  | Face down arching back up  |
| Teddy Bear Roll  | Roll to the side  |
| Forward Roll  | Head first roll  |
| V-sit | Straight legs and back creating a V shape |
| Shoulder Stand | Legs shoulder width apart |
| Planche  |  The body is held parallel to the ground, while being supported above the floor by straight arms. |
| Frog Balance  | Crouching holding weight with only hands |
| Traversing  | Going backwards  |
| Vault  | Gymnastic apparatus  |
| Mount  | Climb onto  |
| Dismount  | Climb off  |

|  |  |
| --- | --- |
| **Image/diagram that helps me to articulate my knowledge/understanding**  | **Investigate!** |
|  | Create short sequences as a class, in groups and pairsGive opportunity to watch others, copy routines and comment on techniques whilst giving peer feedback Build up from floor shapes to creating these on apparatus building up confidence to get higher Games to play: <https://www.sportaus.gov.au/__data/assets/pdf_file/0012/704001/Team-alphabet.pdf> <https://www.sportaus.gov.au/__data/assets/pdf_file/0006/703986/Shapes-in-space.pdf><https://www.sportaus.gov.au/__data/assets/pdf_file/0006/703986/Shapes-in-space.pdf>  |