



Class Tamar

PE

Gymnastics

We performed different static body shapes in groups of 4.



We made body shapes in the air practising how to land safely.



We thought of two stars and a wish so that each group had clear feedback on their static body shapes.



We practise rhythmic gymnastics moves using balls as our hand apparatus.



When we came up with our moves and agreed the sequence, we performed them in groups to the class.

We warmed up our ball skills by playing the under and over game!



We created symmetrical shapes in groups using the static shapes we have practised in the last four sessions.



In our final session we perfected our routine to perform to the rest of the class.



PE

FLE Y3/4

Gymnastics



Forever Facts

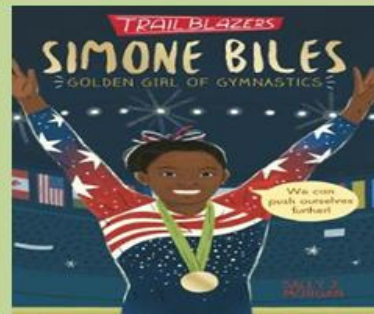
The Ancient Greeks prepared their young men for war by doing **gymnastics**!

Women weren't permitted to compete in gymnastic events until the 1920s

Gymnastics is a sport which involves doing exercises which need strength, flexibility, balance and control.

In women's gymnastics, there are four activities: floor, uneven bars, balance beam, and vault. In men's gymnastics, there are six activities: floor exercise, parallel bars, high bar, pommel horse, vault, and rings.

Exciting Books



Subject Specific Vocabulary

Control	To perform a movement with strength and determination
Floor	A range of movements carried out at ground level
Vault	A leap performed over a form used to represent a horse
Stag jumps	An elegant jump using pointed toes and good height
Sequence	A range of movements linked together
Movement	The act of moving your body in a way to fit the purpose

Skills

I can make good use of creativity and imagination

I can convey expression and emotion in gymnastics

I can create a gymnastic sequence

Our Endpoint

To be able choreograph a sequence of movements and preform to the class

SMSC: Spiritual - Explore, creativity through producing Gymnastic routines. Cultural - Gaining an understanding of different sports and their foundations. Moral - following instructions and completing moves safely.