



# 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

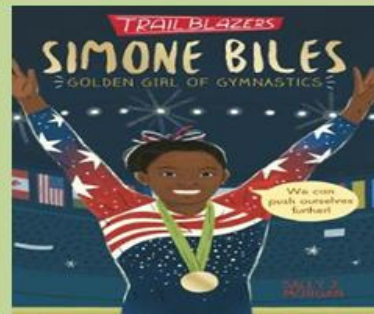
The Ancient Greeks prepared their young men for war by doing **gymnastics**!

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.