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| *PE* FLE Y3/4 Gymnastics | | |
| British men's gymnastic team secure place at Tokyo 2020 | Express & StarDouble ring leapLauren Mitchell, 41st AG World Championship, 2009 (full tone blur) | | |
| |  | | --- | | **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. |  |  | | --- | | **Skills** | | I can make good use of creativity and imagination | | I can convey expression and emotion in gymnastics | | I can create a gymnastic sequence | | |  | | --- | | **Exciting Books** | | Trailblazers: Simone Biles - Trailblazers (Paperback) | | | | | |  |  | | --- | --- | | **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 |   **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.* |
| Our Endpoint  To be able choreograph a sequence of movements and preform to the class |