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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) |
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| **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. |

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| **Skills** |
| I can make good use of creativity and imagination |
| I can convey expression and emotion in gymnastics |
| I can create a gymnastic sequence  |

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| **Exciting Books** |
| Trailblazers: Simone Biles - Trailblazers (Paperback) |
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| **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 EndpointTo be able choreograph a sequence of movements and preform to the class |