



Mossfield Primary School Knowledge Organiser



Year 4 – Summer 2

Gymnastics

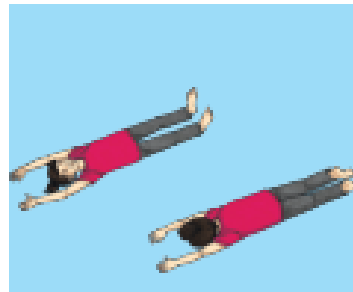
During this Gymnastics unit children will develop their understanding of rolling. Children will learn how to complete a variety of rolls safely and using different body parts.

Key Learning

To rotate and roll on different body parts.



To rotate and roll in different directions showing different shapes, sizes and speeds.



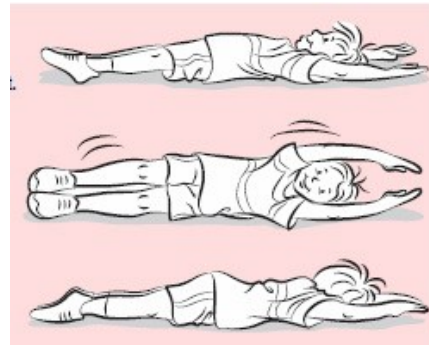
To create a sequence with a partner on floor and apparatus using a variety of linking movements.



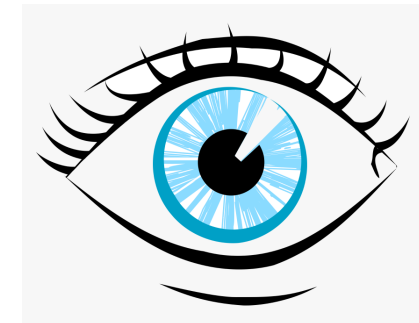
To understand and demonstrate how to land safely and sink down into a roll on the floor.



To match different types of jumps with different rolls.



To observe the work of others and make judgements against given criteria.



Key Vocabulary

apparatus	The technical equipment needed for a particular activity or purpose.
bridge shape	Pushing your body up using hands and feet to create an arched bridge shape with your body.
crouch	A position where the knees are bent and the upper body is brought forward and down .
jump	Push oneself off a surface and into the air by using the muscles in one's legs and feet.
roll	Move in a particular direction by turning over and over on an axis.
rotate	Move or cause to move in a circle round an axis or centre (forward, sideways).
sequence	A particular order in which related things follow each other.
sink	Descend from a higher to a lower position.
speed	The rate at which someone or something moves.