



# Mossfield Primary School Knowledge Organiser



## Year 4 – Summer 1

### Gymnastics

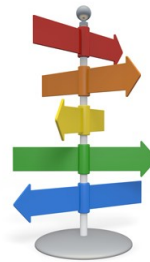
During this Gymnastics unit children will learn how to balance and change direction of balancing. Children will plan to use a variety of directions to create sequences and move around the floor and apparatus.

## Key Learning

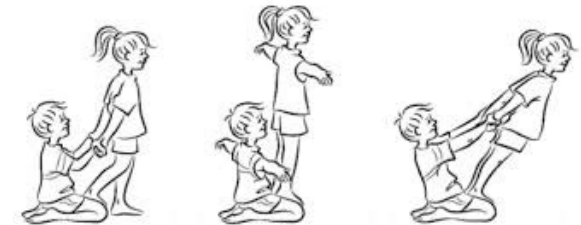
To move into and from specific planned balances with an awareness of others.



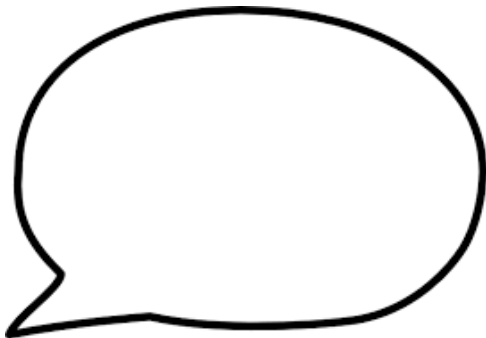
To identify and use planned variation in direction.



To create a sequence with a partner to show changes of front and direction.



To observe and describe the movements of others using appropriate language.



To move into a balance, then move out of it in a different direction.



To transfer and extend ideas and skills onto suitable arrangements of apparatus.



# Key Vocabulary

<b>apparatus</b>	The technical equipment needed for a particular activity or purpose.
<b>balance</b>	Stay in a steady position so that it does not fall.
<b>bunny hop</b>	Jump forward in a crouched position.
<b>change of front</b>	Changing the way in which they are facing.
<b>direction</b>	A course along which someone or something moves.
<b>jump</b>	Push oneself off a surface and into the air by using the muscles in one's legs and feet.
<b>roll</b>	Move in a particular direction by turning over and over on an axis.
<b>sequence</b>	A particular order in which related things follow each other.
<b>speed</b>	The rate at which someone or something moves.
<b>turn</b>	Move in a circular direction .
<b>twist</b>	Turn or bend into a specified position or in a specified direction .