



Mossfield Primary School Knowledge Organiser

Year 4 – Spring 1

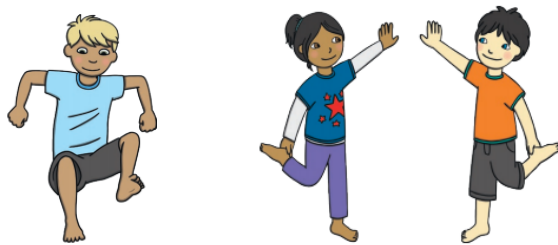
Gymnastics



During this Gymnastics unit children will use a range of actions to travel including jumping, rolling and balancing. Children will learn how to transfer body weight and understand how to create shapes with different levels and speeds. Children will work with a partner to sequence side by side actions with accuracy.

Key Learning

To show a variety of travelling, jumping, rolling and balancing skills.



To identify and use skills which transfer weight from feet to hands and back to feet again.



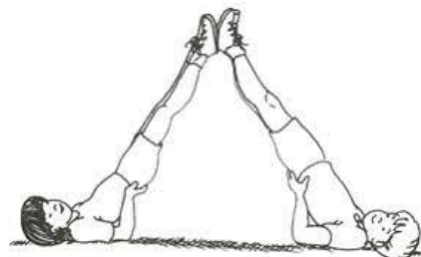
To move smoothly into and from a balance and link balances with travelling and rolling actions.



To show an understanding of shapes, levels and speeds.



To create a sequence side-by-side with a partner to show a variety of ways of receiving body weight with control and accuracy.



To transfer ideas and skills onto apparatus.



Key Vocabulary

accuracy	The quality or state of being correct or precise.
apparatus	The technical equipment needed for a particular activity or purpose.
balance	Stay in a steady position so that it does not fall.
control	To exercise restraint or direction over.
jump	Push oneself off a surface and into the air by using the muscles in one's legs and feet.
levels	Low or high.
pathway	A track that constitutes or serves as a path.
roll	Move in a particular direction by turning over and over on an axis.
sequence	A particular order in which related things follow each other.
speed	The rate at which someone or something moves.
stride	A long, decisive step.