



Mossfield Primary School Knowledge Organiser



Year 4 – Autumn 1

Gymnastics

During this Gymnastics unit children will focus on balance. Children will learn how to use different body parts to balance and which positions give more stability. Children will create a sequences of balances to show a variation in shape and levels.

Key Learning

To identify and use different body parts to balance.



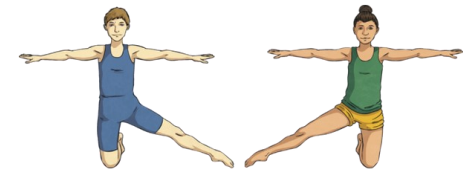
To know which combinations of balances produce the most stable bases.



To balance and show specific planned shapes.

wide/narrow/curled

asymmetry/symmetry



To move into and from balances with control and accuracy.



To create a sequence on balance showing planned variations in shape, speed and levels.



To transfer and extend these skills onto suitable apparatus.



Key Vocabulary

accuracy	The quality or state of being correct or precise.
apparatus	The technical equipment needed for a particular activity or purpose.
asymmetry	Lack of symmetry.
balance	Stay in a steady position so that it does not fall.
control	To exercise restraint or direction over.
patch	A larger part of the body that can be used to balance e.g. back.
perform	Present to an audience.
points	A small part of the body that can be used to balance e.g. hands.
sequence	A particular order in which related things follow each other.
stable	Firmly fixed.
symmetry	One half is the mirror image of the other half.