



PE Year Three/Four (Cycle B) - Gymnastics

To be able to perform a floor routine that comprises of a number of different elements.

Key Skills

To be able to perform the following moves with precision:

- Forward roll
- Half turn
- Shoulder stand
- Arabesque

To be able to link movements.

To develop flexibility, strength and technique.

To be able to evaluate performance and suggest improvements.

Knowledge

To know that gymnastics is an Olympic Sport.

To be able to name key gymnasts.

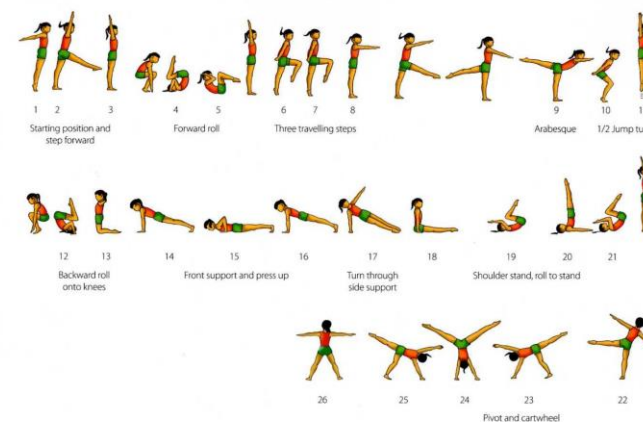
To be able to name key muscle groups: abdominals, biceps, triceps

Vocabulary

strength	The state of being physically strong.
balance	An even distribution of weight.
sequence	A particular order of events.
evaluate	Being able to study the impact/quality of something.

Step 2 - Floor Exercise (Lower Key Stage 2 - Years 3 & 4)

(Sequence performed on a strip of mats approximately 6 x 1 metres)



Max Whitlock



Beth Tweddle



Simone Biles