



PE Year Three/Four (Cycle A) - Gymnastics Body Management

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

Key Skills

To be able to perform the following moves with precision:

- Arch
- Broad jump
- Dish
- Half lever

To be able to link movements.

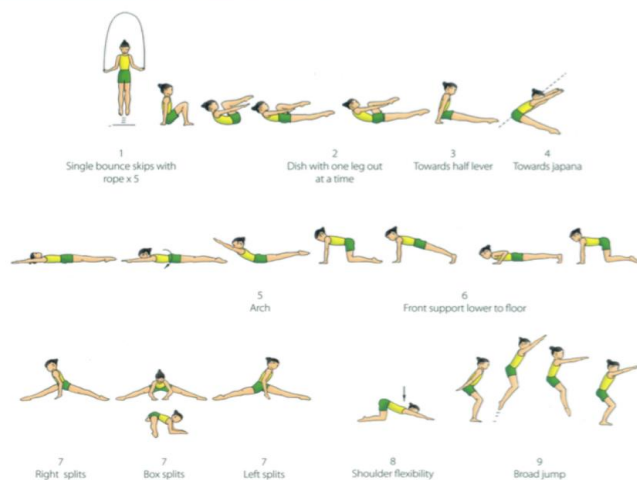
To develop flexibility, strength and technique.

To be able to evaluate performance and suggest improvements.

Vocabulary

balance	An even distribution of weight
sequence	A particular order of events
control	A movement that is precise and contained
precision	To be able to perform something accurately.
strength	The state of being physically strong.
evaluate	To make an assessment
flexibility	The ability to stretch

Step 2 - Body Management (Lower Key Stage 2 - Years 3 & 4)



Knowledge

To know that gymnastics is an Olympic Sport.

To know that your heart pumps blood around the body.

To know two of your back muscles are: trapezius and latissimus dorsi.

Body management involves slow, controlled movements.

Arch involves tensing your back muscles.