

# Y3 and 4 Gymnastics

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## St George's Central CE Primary School and Nursery

Key Words	Definition
Hop	Taking off and landing on the same foot.
Leap	Taking off and landing on opposite feet.
Jump	Both feet leave the ground at the same time.
Symmetry	Mirroring the work of another person or group.
Counterbalance	Creating a balance using a body part, a partner or a piece of equipment.
Canon	A sequence where the same movements are copied over a space of time.
Unison	A sequence where all gymnasts complete the same movement at the same time.

Key Skills
Jumps - Children should be able to make a range of shapes whilst jumping, taking off and landing in different ways (eg hop, bounce, leap, bunny hop, star, half/ full turn, cat leap).
Balances – Sitting pike, Tuck on back, Supported straddle (hands and feet on floor), Pike V sit, Arabesque, Straddle on shoulders, Star shape, Sitting tuck, Sitting pike, Arch, Dish.
Coaching Points
Tuck – straight back; legs bent and kept together – not crossed. Toes should be pointed.
Straddle – straight back; arms extended out to the sides and legs straight and toes pointed.
Pike – straight back; arms reaching up by ears; legs straight together and toes pointed.
Arabesque – Standing on one leg, the torso is kept upright and the arms are held in a range of positions. The back leg should be kept raised.

## The Basic Shapes in Gymnastics



tuck



straddle



pike



split



straight stand

### Assessment Focus

- I can create and improve work individually and in pairs.
- I can include a range of different shapes.
- I can change speed and direction with control.
- I can compare and contrast different sequences.
- I can show strength and suppleness in my movements.
- I can adapt sequences to suit different areas.
- I can adapt sequences to include a range of equipment.

**'Never settle for less than your best'**

*Jesus said, 'I am the light of the world. Whoever follows Me will not walk in darkness, but will have the light of life.' John 8:12*