

Previous Topic

Football

Gymnastics

Year Four

Next Topic

Badminton

Prior learning:

- To identify similarities and differences in sequences.
- To develop body management over a range of floor exercises.
- To attempt to bring explosive moves into floor work.

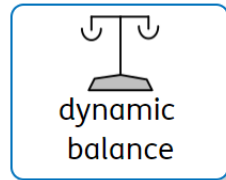
Key skills:

1. To become increasingly competent and confident to perform skills more consistently.
2. To perform in time with a partner and group.
3. To use compositional ideas in sequences.

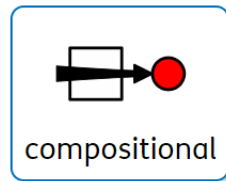
Vocabulary:



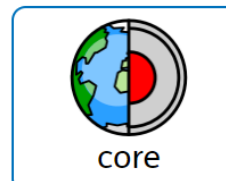
The ability to sustain prolonged physical effort.



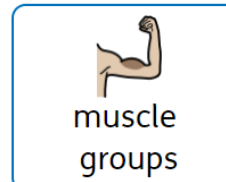
The ability to remain standing and stable when performing movements.



Relating to the production of a creative piece of work.

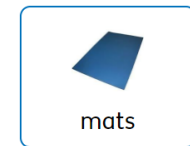
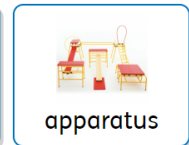
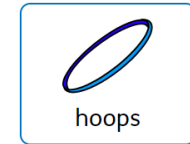


The part of someone located within the centre of the body.



A group of muscles situated close together on your body that perform similar movements.

Equipment



Key Questions:

- How many compositional elements can you identify?
- Did you use different pathways in your sequence?
- What safety aspects do you need to consider when performing?