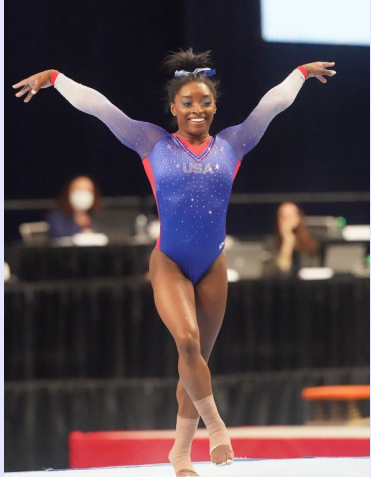


<p><b>Prior Knowledge &amp; Skills</b></p> <p><u>Year 2:</u></p> <p>Jump off from one or two feet and land on one or two feet with control.</p> <p>Hold individual balances using a variety of body parts.</p> <p>Develop postural control when performing physical actions.</p>	<table border="1"> <thead> <tr> <th colspan="2">Key Vocabulary</th> </tr> <tr> <th>Word</th> <th>Definition</th> </tr> </thead> <tbody> <tr> <td>Linking</td> <td>Placing actions together in a logical order—making them flow.</td> </tr> <tr> <td>Unison</td> <td>Partner / group work all performing the same skills at the same time.</td> </tr> <tr> <td>Canon</td> <td>Partner / group work one performs skill then the next person performs.</td> </tr> <tr> <td>Pathway</td> <td>The path taken on a sequence.</td> </tr> <tr> <td>Partner Relationship</td> <td>How you are positioned with your partner.</td> </tr> <tr> <td>Turn</td> <td>Change of direction, either 1/4, 1/2, 3/4 or whole turn.</td> </tr> <tr> <td>Wheeling</td> <td>The skilful art of moving like a wheel.</td> </tr> <tr> <td>Starting Position</td> <td>A shape / balance held before beginning a sequence.</td> </tr> <tr> <td>Star</td> <td>Arms and legs extended at angles to create a star shape.</td> </tr> <tr> <td>Pin</td> <td>Extended narrow / thin shape.</td> </tr> <tr> <td>Tuck</td> <td>Creating a ball shape with your body—pulling knees into your chest.</td> </tr> </tbody> </table>	Key Vocabulary		Word	Definition	Linking	Placing actions together in a logical order—making them flow.	Unison	Partner / group work all performing the same skills at the same time.	Canon	Partner / group work one performs skill then the next person performs.	Pathway	The path taken on a sequence.	Partner Relationship	How you are positioned with your partner.	Turn	Change of direction, either 1/4, 1/2, 3/4 or whole turn.	Wheeling	The skilful art of moving like a wheel.	Starting Position	A shape / balance held before beginning a sequence.	Star	Arms and legs extended at angles to create a star shape.	Pin	Extended narrow / thin shape.	Tuck	Creating a ball shape with your body—pulling knees into your chest.	<p><b>Famous Sportsperson— Simone Biles</b></p> <p>Simone Biles is the greatest female artistic gymnast of all time. She is from the USA. She has 30 Olympic and World Championship medals, and has created her own unique moves on vault, beam and the floor. As a child she was fostered, and overcame this to achieve great success in her sport.</p> 
Key Vocabulary																												
Word	Definition																											
Linking	Placing actions together in a logical order—making them flow.																											
Unison	Partner / group work all performing the same skills at the same time.																											
Canon	Partner / group work one performs skill then the next person performs.																											
Pathway	The path taken on a sequence.																											
Partner Relationship	How you are positioned with your partner.																											
Turn	Change of direction, either 1/4, 1/2, 3/4 or whole turn.																											
Wheeling	The skilful art of moving like a wheel.																											
Starting Position	A shape / balance held before beginning a sequence.																											
Star	Arms and legs extended at angles to create a star shape.																											
Pin	Extended narrow / thin shape.																											
Tuck	Creating a ball shape with your body—pulling knees into your chest.																											
<p><b>Key Knowledge &amp; Skills</b></p> <p><u>Year 3:</u></p> <p>Demonstrate different types of jumps with one and two feet take—offs and landings.</p> <p>Holds individual and partner balances with control.</p> <p>Describes what the core is and demonstrates how it supports the body.</p> <p><u>Year 4:</u></p> <p>Demonstrate a number of basic jumps showing control when taking off and landing.</p> <p>Combine partner balances with linking movements.</p> <p>Explain and demonstrate how to make a balance more stable.</p>	<p><b>Local clubs</b></p> <p><u>Norfolk Academy of Gymnastics</u> are a local gymnastics club in Besthorpe. To find out more contact <a href="mailto:info@tnag.co.uk">info@tnag.co.uk</a></p> <p><u>Easton Gymnastics Club</u> are another local club. More information is available at <a href="https://www.eastongymnasticsclub.com">https://www.eastongymnasticsclub.com</a></p> <p><b>Future Learning—Year 5 Gymnastics</b></p> <p>Use a range of jumps showing increasing height and distance.</p> <p>Perform counterbalances with a partner; demonstrate control.</p> <p>Demonstrate good postural control when performing balances.</p>																											