



<p>Prior Knowledge & Skills</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>Key Vocabulary</p> <table border="1"> <thead> <tr> <th>Word</th> <th>Definition</th> </tr> </thead> <tbody> <tr> <td>Symmetrical</td> <td>A body shape which is the same on both sides of the centre line.</td> </tr> <tr> <td>Asymmetrical</td> <td>A body shape which is different on both sides of the centre line.</td> </tr> <tr> <td>Counter Balance</td> <td>A partner / group balance using a pushing force against each other to remain still.</td> </tr> </tbody> </table>	Word	Definition	Symmetrical	A body shape which is the same on both sides of the centre line.	Asymmetrical	A body shape which is different on both sides of the centre line.	Counter Balance	A partner / group balance using a pushing force against each other to remain still.	<p>Famous Sportsperson— Olga Korbut</p> <p>At the Munich Olympics in 1972, Olga Korbut captivated the world with her daring acrobatics and her raw displays of emotion. Korbut ushered in an era of gymnastics dominated by young, little women. She was born in modern day Belarus, which at the time was part of the Soviet Union, representing the Soviet Union in the Olympics. She was one of the first gymnasts to perform a backflip on the beam, an impressive feat as the beam used is only 10cm wide.</p> 
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<p>Key Knowledge & Skills</p> <p><u>Year 5:</u></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> <p><u>Year 6:</u></p> <p>Demonstrate different jumps showing power, control and consistency in taking off and landing.</p> <p>Perform sequences of counterbalance with consistency, fluidity and good body tension.</p>	<table border="1"> <tbody> <tr> <td>Counter Tension</td> <td>A partner / group balance using a pulling force away from each other to remain still.</td> </tr> <tr> <td>Contrasting</td> <td>Different movements or shapes within a sequence or to a partner.</td> </tr> <tr> <td>Compose</td> <td>Create a routine to fit a piece of music.</td> </tr> <tr> <td>Forces</td> <td>Pushing or pulling together or against a partner or piece of apparatus.</td> </tr> </tbody> </table>	Counter Tension	A partner / group balance using a pulling force away from each other to remain still.	Contrasting	Different movements or shapes within a sequence or to a partner.	Compose	Create a routine to fit a piece of music.	Forces	Pushing or pulling together or against a partner or piece of apparatus.	<p>Local Clubs</p> <p><u>Norfolk Academy of Gymnastics</u> are a local gymnastics club in Besthorpe. To find out more contact info@tnag.co.uk</p> <p><u>Easton Gymnastics Club</u> are another local club. More information is available at https://www.eastongymnasticsclub.com</p>
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		<p>Future Learning—KS3 Gymnastics</p> <p>Develop technique and performance in competitive sports, e.g. gymnastics.</p> <p>Analyse performance compared to previous ones and demonstrate improvement to achieve a personal best.</p>								