


<p>Prior Knowledge & Skills</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>	Key Vocabulary		<p>Famous Sportsperson— Nadia Comaneci</p> <p>Nadia Comaneci was the first woman to score ‘perfect 10s’ - the highest score possible in gymnastics—at an Olympic Games. She achieved this at the Montreal Games in 1976. She achieved a score of 100.0 but as the scoreboard couldn’t show three digit numbers it looked like she had score 1.00! She is from Romania and now has two gymnastics moved named after her—meaning she was the first person to perform them in competition.</p> 
	Word	Definition	
	Twisting	Taking a normal balance position and twisting one part of the body.	
	Matching	When two or more gymnasts perform the same movement in the same direction to match one another.	
	Mirroring	When two gymnasts perform the same movement but in different directions to create a mirror image of each other.	
	Weight on hands	The beginnings of a handstand—taking weight on both hands.	
	Fluency	A well planned gymnastics routine will combine balances, linking movements and compositional ideas.	
	Transition	The links between different actions.	
	Swinging Gesture	One part of your body swinging—usually to gain momentum.	
	L-Shape	A pathway with a right angle turn in it.	
<p>Key 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><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>	Flight	Shapes and positions made when you are in the air (jumping).	
	Use of Speed	Planning out when movements will be performed slowly or at speed to help use the different compositional ideas.	
		<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> <p>Future Learning—Year 6 Gymnastics</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>	