

Gymnastics

This term we will continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. We will communicate, collaborate and learn how to improve our skills through gymnastics. In addition, we evaluate and recognise our own successes.

Gymnastics:

We will learn to develop flexibility, strength, technique, control and balance. In addition, we will compare our performances with previous ones and demonstrate improvement to achieve our personal best.

| Key Vocabulary | | | |
|----------------|-----------|-----------|-------------|
| core | strength | balance | cool-down |
| flight | apparatus | headstand | leaps |
| cartwheel | handstand | muscles | springboard |
| warm-up | stretch | jumps | straddle |
| roll | vault | pike | |
| posture | round-off | sequence | |
| tuck | splits | plank | |



| Self-reflection questions - Gymnastics | Yes | No | Working on |
|--|-----|----|------------|
| Did I have fun during our PE lessons? | | | |
| Did my fitness improve? | | | |
| Has my core strength improved? | | | |
| Have I learned a variety of different movements across the floor or equipment? | | | |
| Did I improve my balancing skills? | | | |
| Did I learn how to jump in different ways? | | | |
| Did I follow the safety rules? | | | |
| Have I learned something new this term? | | | |
| | | | |
| Give an example of something you did well... | | | |
| Give an example of something you can improve... | | | |