

Year 4: Gymnastics skills - Balance				
Crucial Knowledge & Skills		Key Concepts	Other Key Vocabulary	
To complete a warm up to prepare my body for movement.	 THE PEG LEG	To build, develop and demonstrate resilience	Bridge balance. This is an arched position where the gymnast lies on their back, places their hands flat on the floor beside their ears, and pushes their hips and stomach up toward the ceiling.	
To perform the following balances: peg leg balance, warrior balance, front plank balance and the half way handstand.	 WARRIOR		Front bridge balance. This is a static floor position where a gymnast supports their body face-down in a raised, arched or plank-like structure using their hands and feet. The front bridge requires the front of the body to face the floor	
To move into and out of a static balance from a stable position using the apparatus		To be knowledgeable about the impact and importance of physical activity on their bodies, health and well-being	Dynamic balance is the ability to stay steady and in control of your body while you are moving	
To perform a bridge balance using either the floor or apparatus.			A static balance is the ability to hold your body completely still and stable in one position	
To perform a synchronised routine, with a partner, performing 4 controlled static balances.			Synchronicity is when two or more gymnasts perform their movements or balances at the exact same time and speed, looking like mirrors of each other.	
			Stability is the ability to keep your body steady, strong, and balanced without wobbling or falling over.	

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