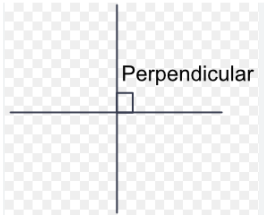


Year 4: Gymnastics skills - Travelling			
Crucial Knowledge & Skills		Key Concepts	Other Key Vocabulary
I know that a dynamic warm up is important to prepare the body for movement, warming up my muscles.	  	To build, develop and demonstrate resilience To be knowledgeable about the impact and importance of physical activity on their bodies, health and well-being	Chasse Step is a travelling dance or gymnastics step where one foot "chases" the other. Often described as a graceful gallop, it uses a simple step-together-step gliding pattern across the floor
I know that pathways are patterns of movement that a gymnast follows whilst performing a travelling movement.			Gliding is defined as moving smoothly, quietly, and effortlessly across a surface
I can move along 3 defined pathways: a perpendicular line, a repeating zigzag pathway and a quadrilateral shaped pathway.			Galloping is a fast, rhythmic movement where one foot always leads forward while the other foot rapidly catches up, never crossing in front
I can demonstrate an ability to travel using movements including; the chasse step, bear walks, crab walks sliding & gliding and galloping.			Direction is the path or line along which something moves, faces, or points
I can link simple movements of travelling to perform a synchronised routine with a partner along a clearly defined pathway with 3 contrasting travelling movements showing different directions of travel.			Perpendicular lines are two straight lines that cross or meet at an angle of exactly 90 degrees
			Quadrilateral is any 2D shape that has exactly four straight sides