

Crucial Knowledge & Skills	Key Concepts	Other Key Vocabulary
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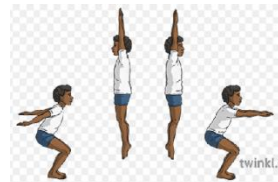
I know that a dynamic warm up is important to prepare the body for movement, warming up my muscles.

I can perform a rotational movement along the floor or low level apparatus

I can use rotational movement to link movements.

I can practice and refine a sequence of 2/3 jumps with 2/3 rolls using the floor and low-level apparatus with control and coordination.

I can explain the steps involved in mastering how to complete a forward roll, a backward roll and a cartwheel



To build, develop and demonstrate resilience

To be knowledgeable about the impact and importance of physical activity on their bodies, health and well-being

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Dismount – this is the final move used to safely get off a piece of apparatus (like a vault, box, or bench) and finish a gymnastics sequence

Transitional movement refers to the fluid and creative way a gymnast moves between two different skills or balances.

Refine means improving the quality, precision, and aesthetic appeal of movements and sequences

Synchronicity is the skill of two or more gymnasts performing the exact same movements or balances at the exact same time. It requires precise timing, rhythm, and teamwork to ensure the performance looks seamless

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