

Year 4 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 will evaluate and recognise our own successes. We will learn to develop flexibility, strength, technique, control and balance. We will compare our performances with previous ones and demonstrate improvement to achieve our personal best.

Key Vocabulary		
rotation	stamina	against
90, 180 and 270 degrees	combine	towards
spinning	approaching	inversion
axis	leaving	across
strength	height	suppleness



Self-reflection questions - Gymnastics	Yes	No	Working on
Did I learn a variety of body shapes?			
Was I able to perform a number of different balances?			
Was I able to combine different poses?			
Could I put my body shapes and balances into a sequence?			
Was I able to perform at different speeds, levels and directions?			
Was I able to work with a partner or group?			
Did I improve my strength and control?			
Did I apply some of the correct postures?			
Did I use the equipment safely?			
Was I able to listen, and follow instructions?			