



## Key Vocabulary

**Symmetric and asymmetric balance, direction, dynamic movement, bridging, counterbalance, tension, extend, arch, dish, star**

In this unit pupils will develop ways to identify and practice gymnastic shapes and balances, using symmetrical and asymmetrical body shapes. Pupils will construct sequences using the above skills also using linking movements and counterbalances and perform them to the rest of the class.

## Key Points of Learning

To use strength, flexibility, balance and co-operate with others.  
To develop skills for movement including bridging and dynamic movement.  
Demonstrate counterbalance skills, balance skills, create sequences.

***Perform and evaluate***- own and others sequences with clarity and fluency and be able to identify strengths and areas for improvement.

## Useful Websites

[Good Practice in Gymnastics \(moving-matters.org\)](http://moving-matters.org)

[BBC PE](#)



Tuck

Pike

Straddle

Forward Roll

Backward Roll

Straight

360 jump