



Key Vocabulary

Front and back support, Symmetric and asymmetric balance, shape and sequence, direction, dynamic movement, rolling, bridging, counterbalance, tension, extend, cannon and unison

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. Sequences will include movements in canon and in unison.

Key Points of Learning

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