



### Key Vocabulary

Balance, pike, straddle, tuck, posture, body tension, symmetry, asymmetry, counterbalance, cannon, unison, sequences, techniques

In this unit, children will identify and practice body shapes and gymnastic movements using symmetry and asymmetry, balances and counterbalances and linking movements. They will construct sequences using their skills and evaluate their own and peers creations.

### Key Points of Learning

- Use and refine strength, flexibility, balance and mental focus.
- Learn how to perform symmetrical and asymmetrical balances individually and with a partner.
- Develop sequences of gymnastic moves and linking moves.
- Use own and partners body weight to balance.
- Perform sequences fluidly and begin to create longer sequences.
- Begin to be able to assess areas of strength and areas for improvement..

### Useful Websites

[BBC PE](#)

