

Year 4 Gymnastics: Partner and Group work

Key Vocabulary

unison	movements performed at the same time
STEP model	A way to change a routine: S= Space used T= timing/ speed E= equipment used P= people, number of
body tension	Show strength in your leg/ arm/ tummy muscles
composition	Individual movements arranged into a routine

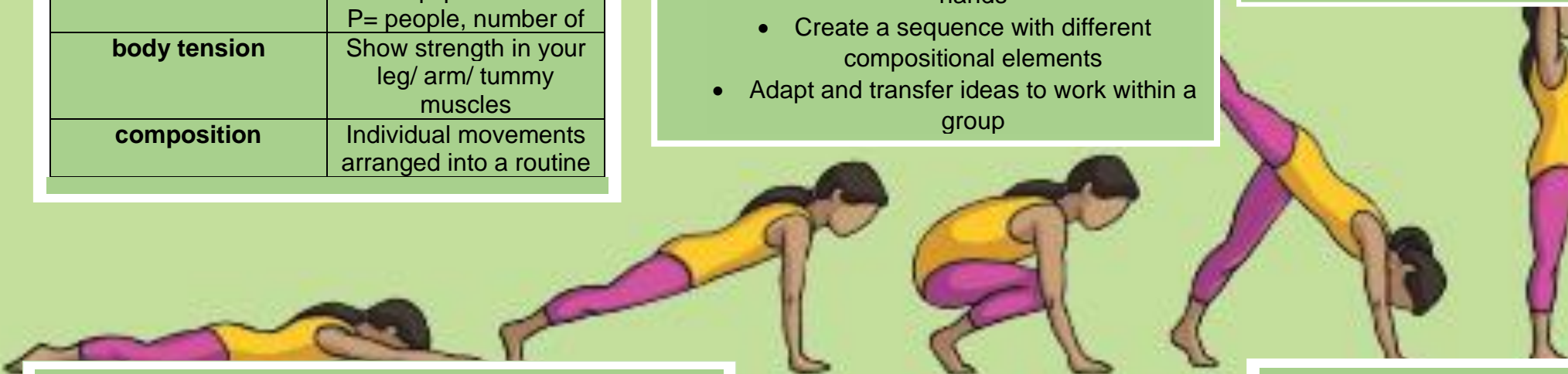
Sequence of Learning

- Explore speed in sequences
- Explore direction in sequences
 - Create a sequence in unison
- Learn the STEP model to change and adapt my work
 - Use body tension to take weight on hands
 - Create a sequence with different compositional elements
- Adapt and transfer ideas to work within a group

Spring 2

Final Outcome:

Perform compositional sequences in small groups. Evaluate others performances based on your own scoring systems.



National Curriculum Key Skills:

Develop strength and stamina through sustained periods of vigorous activity

Practice and implement runs, leaps, jumps and locomotion in more complex sequences

Work in a controlled way

Include change of speed

Include change of direction

Follow a set of 'rules' to produce a sequence

Equipment needed:

Mats, hoops, wall bars, low apparatus, ropes, cones, beanbags, skipping ropes, action cards

Key Questions:

How many different travel actions can you think of?

How can you show good body tension?

How do we land safely?