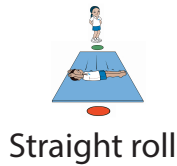
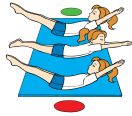


Prior Learning: In early years children experimented with different shapes, jumps, rolls and balances. They began to move around in different ways using different parts of their body e.g slide, roll, jump, crawl. They experimented with balancing and different ways of moving on equipment.

Key Skills



- Rolls Dish/Arch roll



Straight roll

- Balances



Arabesque

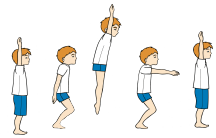


Stork



Side Star

- Jumps



Straight jump



Star jump



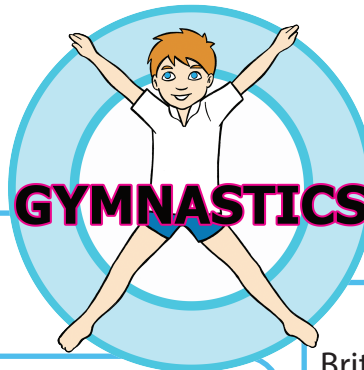
- Determination
- Perseverance
- Passion
- Teamwork
- Kindness
- Self Belief



- To improve my performance



- Be a mini coach
- Co-operate with others



Key Vocabulary

Pike

Squat

Tuck

Straight

Balance

Roll

Start

Finish

Key Knowledge

Shapes - Keep strong-when performing the shape: straight, star, tuck, dish, arch, squat, pike, straddle

Jumps - Land on two feet and bend knees

Balances - Hold shapes for 3 seconds

Rolls - Good control

Inspirational Athlete

Britain twin gymnasts Jessica and Jennifer Gadirova. They won Olympic bronze medal side by side.

