




Key Vocabulary

Fluency		The smoothness from one movement to another.
Vertical		Pointing straight up.
Tension		Keeping all your muscles tight when performing.

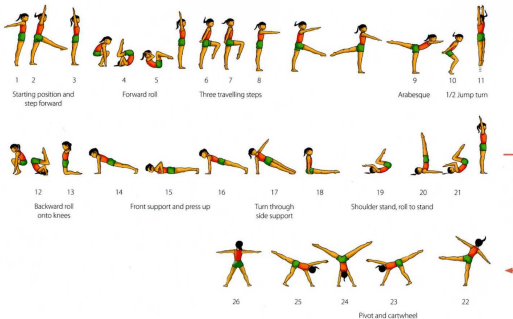


Year 4 – Key Steps 2 Gymnastics

Techniques

Step 2 - Floor Exercise (Lower Key Stage 2 - Years 3 & 4)

(Sequence performed on a strip of mats approximately 6 x 1 metres)

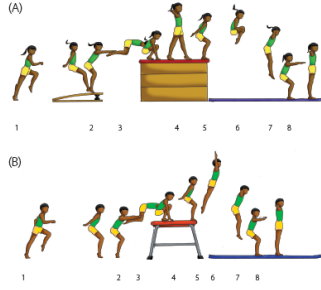


Step 2 - Vault (Lower Key Stage 2 - Years 3 & 4)

Performer allowed 2 attempts at either (A) or (B) or one of each - (Option (B) provided for schools without a springboard or box). - Best score to count.

(A) A few short running steps to take off springboard and jump to squat on box placed lengthways. (Height optional to suit performers) Stand, walk to end of apparatus and perform straight or tucked jump to land on floor mats.

(B) As above but without springboard and using a movement table lengthways instead of box. NB: Do not use a springboard to vault over a movement table.



What I need to know:

Skills

- | | |
|---|--|
| <input type="checkbox"/> I can take a step forward from my starting position. | <input type="checkbox"/> I can perform a shoulder stand with vertical legs. |
| <input type="checkbox"/> I can perform a forward roll to stand with fluency. | <input type="checkbox"/> I can travel from a roll to a standing position without using my hands. |
| <input type="checkbox"/> I can perform three travelling steps with tension and balance. | <input type="checkbox"/> I can perform a pivot and cartwheel with straight legs. |
| <input type="checkbox"/> I can hold an arabesque balance for 5 seconds. | <input type="checkbox"/> I can jump onto the vault landing on my toes. |
| <input type="checkbox"/> I can perform a 1/2 jump turn. | <input type="checkbox"/> I can travel over the vault with balance and tension. |
| <input type="checkbox"/> I can perform a backward roll to knees with fluency. | <input type="checkbox"/> I can perform a stretched or tucked shape in the air off the vault. |
| <input type="checkbox"/> I can perform a front support and press up with tension. | <input type="checkbox"/> I can land safely with balance. |
| <input type="checkbox"/> I can turn through side support to pike position with tension. | |

Health and Fitness

- I can explain why keeping fit is good for my health.
- I can explain what effect exercise has on my body.

Evaluating and Improving

- I can perform and evaluate my own and others' work.
- I can identify the key skills needed to provide accurate and tactful evaluative feedback to peers.