

What should I already know?

- How to copy, create and explore different ways of travelling.
- Developed my balance and coordination.
- Perform jumps with control.
- Describe what I or others have done well.

Gems of Knowledge

What will I do?

- Show flowing movement; changing dynamics.
- Develop flexibility, strength and coordination.
- Land safely when performing jumps on the floor and from apparatus
- Create floor and apparatus sequences.

What will I know?

- Understand the importance of travelling with purpose and quality.
- Understand and describe changes to the heart rate when exercising.



Great Gymnasts!



Beth Tweddle
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**Master basic movements -
Simple sequence patterns.**

Vocabulary

<p>Dynamics - High and low</p>		<p>Apparatus - Equipment used to perform sequences.</p>	
<p>Flexibility - Bending, twisting and stretching.</p>		<p>Sequences - Linking shapes and movements together to creating a movement pattern.</p>	
<p>Coordination - Use two body parts together at the same time.</p>		<p>Quality - How good something is.</p>	