

What should I already know?

- Perform actions showing speed, direction and level.
- Develop flexibility, control, balance, coordination, agility and strength.
- Identify what I need to do to improve my performance.

Gems of Knowledge

What will I do?

- Improve the quality of my leaping and leap in different directions.
- Show control, accuracy and fluency of movement when performing actions individually and when with a partner.
- Develop balance individually and with a partner.
- Create and perform sequences that include changes of dynamics - EG - changes of level, speed or direction.
- Apply skills both on the floor and using apparatus.



What will I know?

- Describe and evaluate the quality of a performance.
- Learn how to use skills in different ways and link them to make actions and sequences of movements.

Develop Flexibility, control and balance - Balancing and Travelling

Vocabulary

<p>Dynamics - High and low</p>		<p>Rotation -</p> <ul style="list-style-type: none"> • Turning/spinning /twisting. • A variety of movement patterns. 	
<p>Combination = Completing multiple things at once.</p>		<p>Momentum - Using power/force to create movement</p>	
<p>Coordination - Use two body parts together at the same time.</p>		<p>Transition - move into and out of balances/shapes.</p>	

Great Gymnasts!



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