

# Knowledge Organiser Physical Education Year 4 Spring

## Show control and coordination - Gymnastics



St Elizabeth's Catholic Primary School  
"Love one another as I have loved you"

### Prior knowledge

- Adapt sequences to suit different apparatus
- Complete actions with increasing balance and control
- Jumps using rotation
- Straight and barrel roll
- Forward and Straddle Roll
- Bridge
- Observing and providing feedback
- Selecting and applying actions
- Evaluation and improving sequences

### Physical skills developed in this topic

- Perform rolls with control
- Control in landing rotation jumps
- Strength in bridge and shoulder stand

### Knowledge and skills covered in this topic

- Plan and perform sequences with a partner with a change of level and shape
- Provide feedback using appropriate language
- Perform balances individually and with a partner
- Explain what happens to the body when exercising

### Key words

**Mat:** Spongy mat to practise gymnastics on

**Locomotion:** Controlled movement

**Apparatus:** Equipment used to jump onto, jump off, climb on

**Straddle:** Shape with legs apart

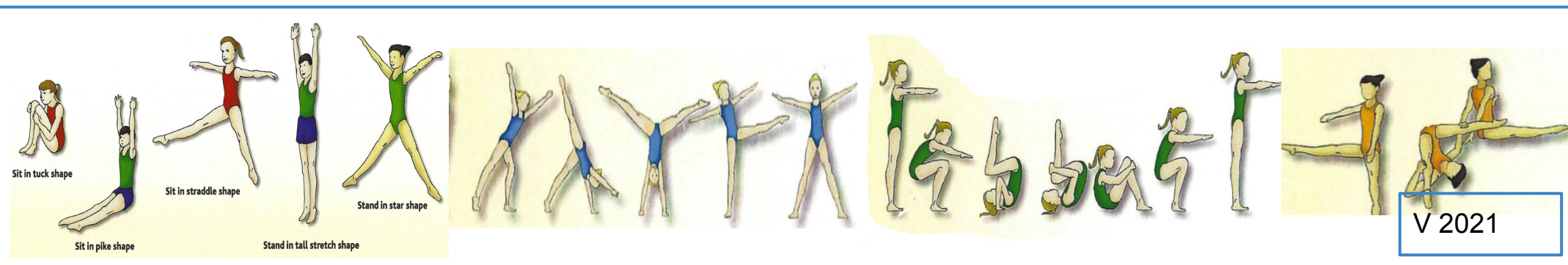
**Routine:** Sequence of shapes linked together, memorised and practised

**Quality:** To a standard or with a degree of excellence

**Technique:** A particular way of carrying out a task

**Rotation:** Turning body

**Sequence:** An set of shapes or moves or jumps



V 2021