



# GYMNASTICS

This term we will be revisiting different jumps and rolls that we have looked at in previous years and looking at different ways of linking them together to create a sequence.

## Jumps and Rolls

### 1 Pencil/Log Roll



### 2 Egg/Tuck Roll



### 3 Dish/Arched Back Roll



### 4 Straddle/Teddy Bear Roll



### 7 Forward Roll



## School Values



The six School Games values are: **Determination**, **Passion**, **Respect**, **Honesty**, **Self-Belief** and **Teamwork**, which were designed to reflect the 'spirit' of the School Games. We encourage all children to adopt and demonstrate the 'Spirit of the Games' in all PE lessons and sporting events we attend.

## Linking movements to create a sequence



Chassis steps can be used to travel forwards or sideways during a gymnastics routine. They are graceful and elegant steps requiring good body coordination.



A straight jump half turn is a straight jump with a turn to face the opposite direction. This jump can be used as an effective linking action when needing to change direction.



In a cat leap you push off the ground with one foot then the other, bringing your knees up high and pointing your toes. You land back down on one foot and then the other.

How does achieving in gymnastics make you feel?