



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.

Balances- revisit points and patches.

Points of the body are small areas, such as the feet, hands, elbows and knees. We can use 1, 2, 3 or 4 points to balance.



Patches of the body are larger areas, such as the back, stomach, shoulders, side or bottom. We usually balance on one patch at a time.



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

Balances- use a variety of body parts to create interesting shapes and postures which can be held for at least three seconds. A mixture of points and patches would provide interesting and varied combinations.

Jumps/ leaps- where your body leaves the ground completely. You could leap from one or two feet and land on both feet separately or together. The using the arms and bending the knees supports safe landing and acceleration into the air.

Travelling- it is important to think about how jumps and balances are connected and how you will move from one to the other. How can you travel in an interesting way?