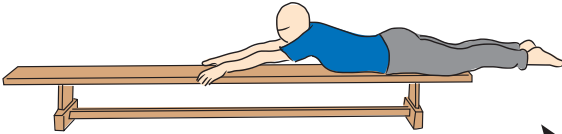


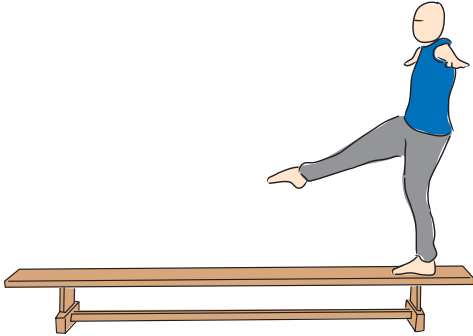
RESOURCE CARD: GYMNASTICS: YEAR 4

RELATES TO: WEEK 1

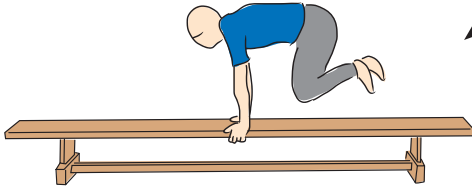
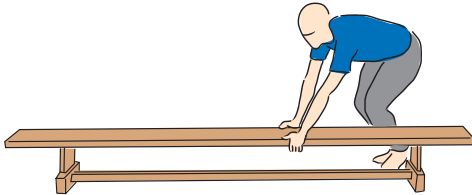
MAIN LESSON: TRAVELLING OVER A BENCH



Sliding on their tummies and pulling themselves across with their arms.

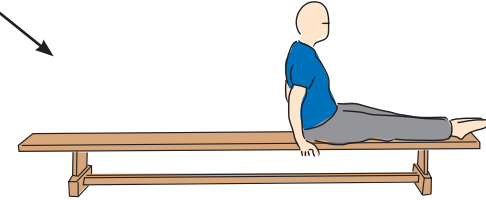
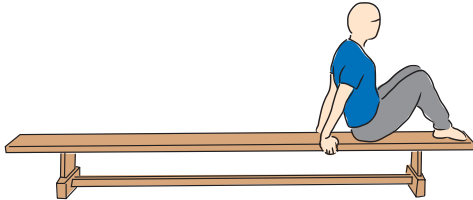


Low kicks walking along the bench.



Bunny hops over the bench from side to side.

EXAMPLES OF TRAVELLING OVER A BENCH USING VARIOUS BODY PARTS

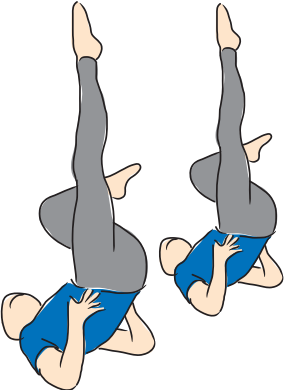


Sliding on their bottoms and pushing themselves with their hands.

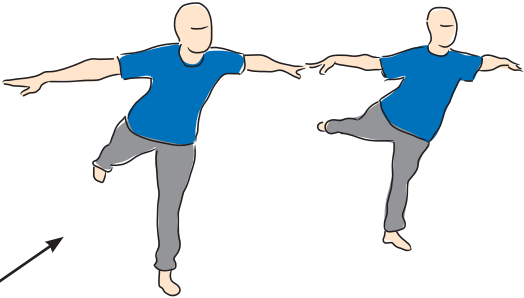
RESOURCE CARD: GYMNASTICS: YEAR 4

RELATES TO: WEEK 2

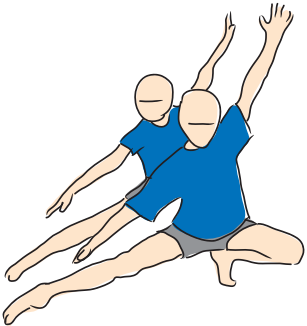
MAIN LESSON: MATCHING PAIRS



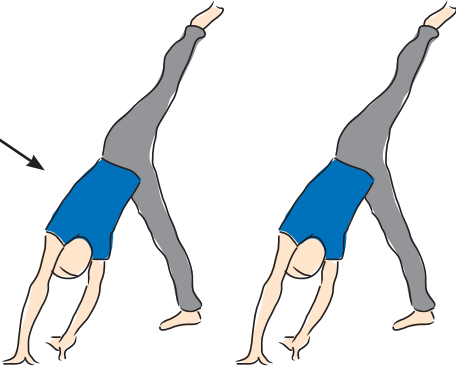
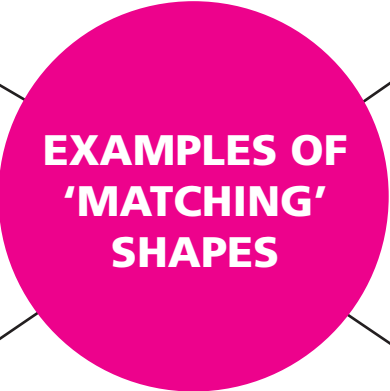
Shoulder balance.



The arabesque.
Both figures are lifting the right leg so they 'match' each other.



Matching side lunge.

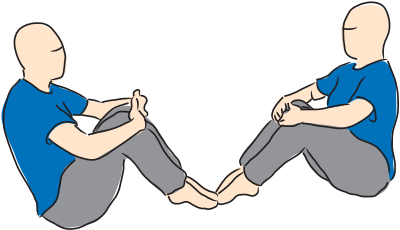


Half handstand.

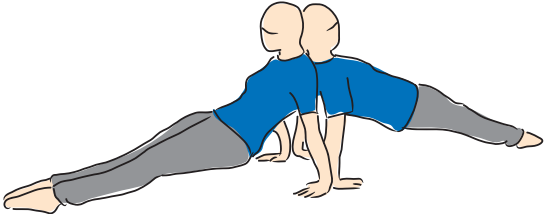
RESOURCE CARD: GYMNASTICS: YEAR 4

RELATES TO: WEEK 2

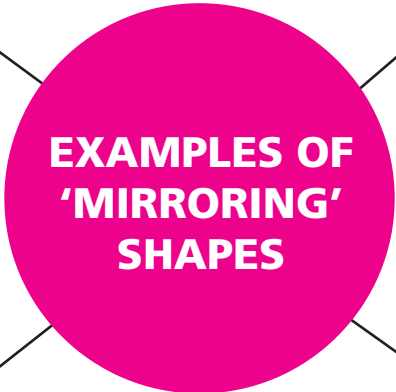
MAIN LESSON: MATCHING AND MIRRORING



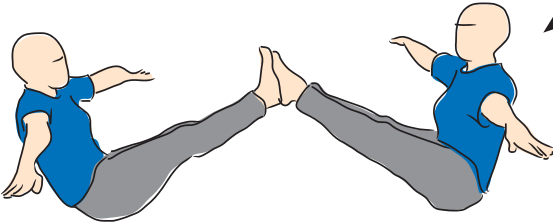
The tuck shape.



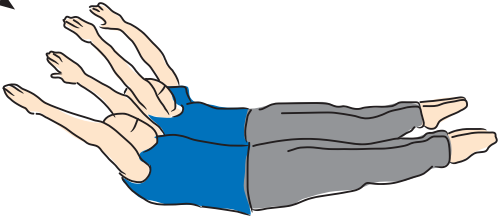
Back support.



EXAMPLES OF 'MIRRORING' SHAPES



V-sit.



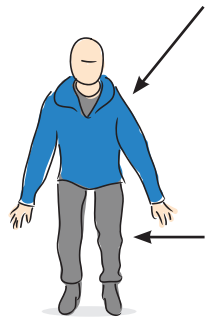
Dish shape

RESOURCE CARD: GYMNASTICS: YEAR 4

RELATES TO: WEEK 3

MAIN LESSON: HOW TO PERFORM THE STRAIGHT JUMP SAFELY AND EFFECTIVELY

STEP ONE: PREPARATION



Keep your back straight and place your hands by the side ready to swing forwards and up to gain height.

Bend your knees and be ready to push off the floor with lots of power.

STEP TWO: FLIGHT



Reach high above your head and look up.

Keep your legs straight and point your toes.

STEP THREE: LANDING



Use the arms to counter balance.

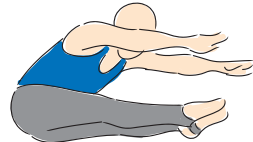
Soft landing by bending your knees.

Don't land on flat feet.

NOW SEE IF PUPILS CAN CHANGE 'STEP TWO: FLIGHT' INTO THE FOLLOWING SHAPES:



STRADDLE JUMP



PIKE JUMP



STAR JUMP



TUCK JUMP

RESOURCE CARD: GYMNASTICS: YEAR 2

RELATES TO: WEEK 3

MAIN LESSON: JUMPING AND TURNING IN THE AIR

STRAIGHT JUMP WITH A QUARTER TURN



STRAIGHT JUMP WITH A HALF TURN



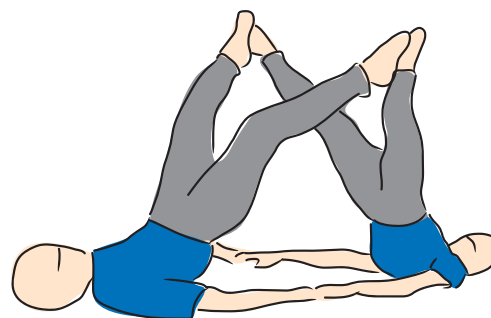
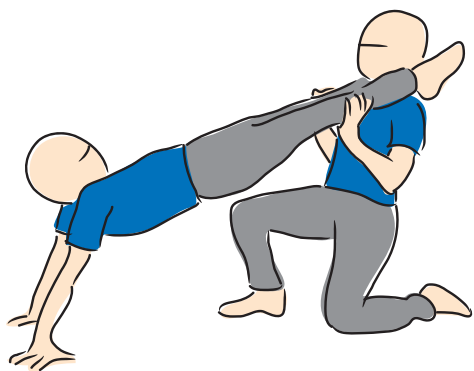
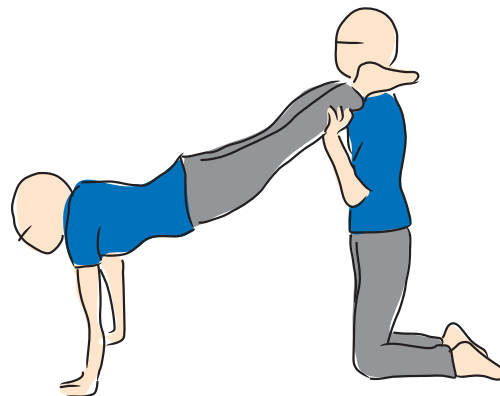
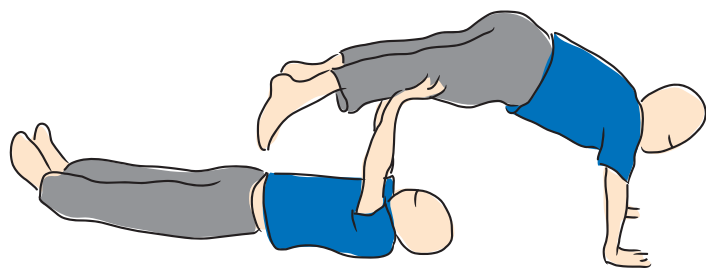
STRAIGHT JUMP WITH A FULL TURN



RESOURCE CARD: GYMNASTICS: YEAR 4

RELATES TO: WEEK 4

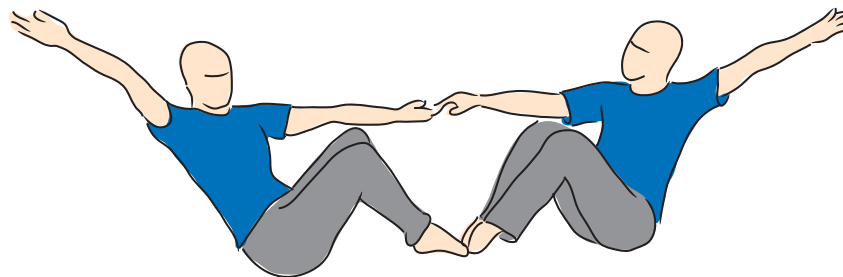
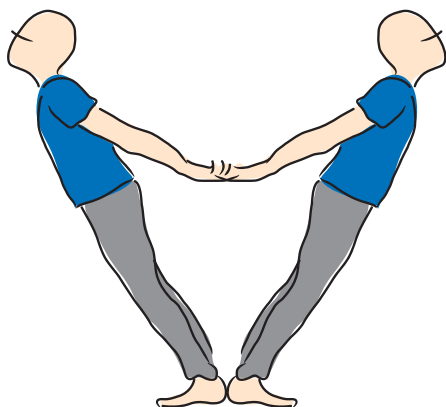
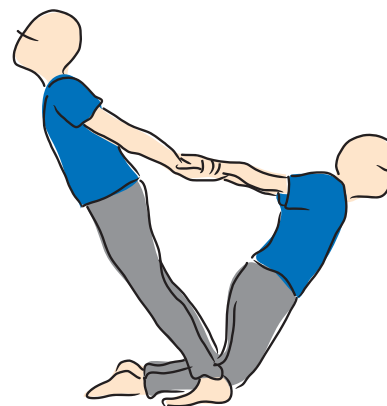
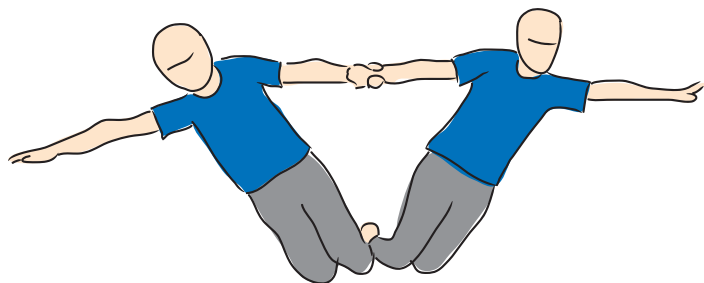
MAIN LESSON: EXAMPLES OF COUNTER BALANCE (PUSHING AGAINST EACH OTHER TO BALANCE)



RESOURCE CARD: GYMNASTICS: YEAR 4

RELATES TO: WEEK 4

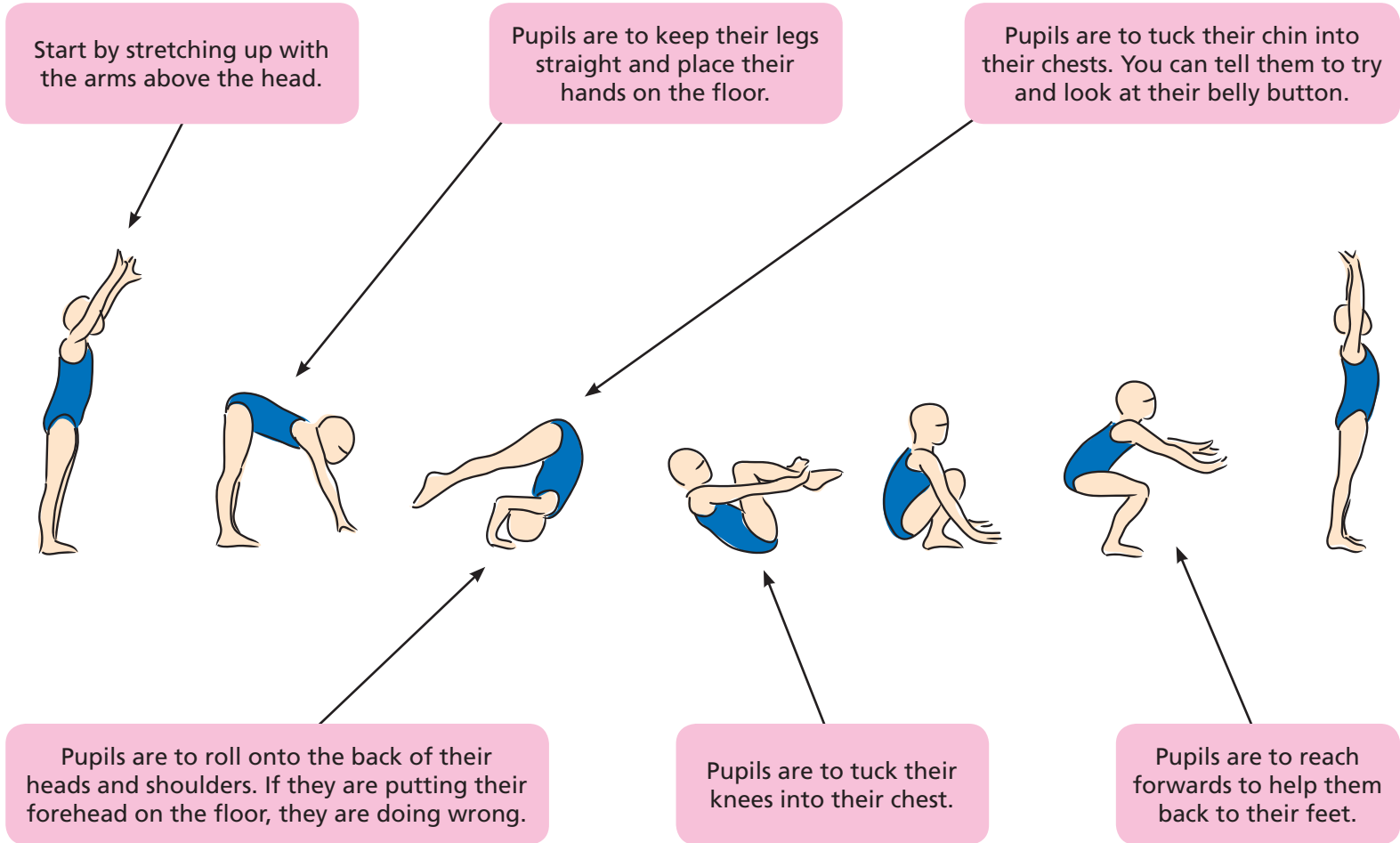
MAIN LESSON: EXAMPLES OF COUNTER TENSION (PULLING AGAINST EACH OTHER TO BALANCE)



RESOURCE CARD: GYMNASTICS: YEAR 4

RELATES TO: WEEK 5

MAIN LESSON: HOW TO PERFORM THE FORWARD ROLL



RESOURCE CARD: **GYMNASTICS:** YEAR 4

RELATES TO: **WEEK 6**

MAIN LESSON: ROUTINE

In groups of 4, pupils are to create a routine which involves everything that they have learned over the past 5 lessons.

GYMNASTICS SEQUENCE:

- A counter balance partner balance
- A counter tension partner balance
- 3 different ways to travel
- 2 jumps with a turn in the air
- The forward roll
- Use of small apparatus

THINGS TO THINK ABOUT:

- Timing: are pupils going to perform the skill at the same time or one after the other?
- Directions and pathways when travelling.
- Levels-can pupils perform a mixture of high, low and average height skills?

RESOURCE CARD: **GYMNASTICS:** YEAR 4

RELATES TO: **WEEK 6**

SUCCESS CRITERIA



BRONZE

- You can attempt the gymnastic skills.
- You can follow your partner's ideas.
- You can attempt to link your skills together fluently.
- You can think of one thing to improve.
- You can show some flexibility and strength in your movements.



SILVER

- You can perform the gymnastic skills to a good ability.
- You can suggest ideas for the sequence to your group members.
- You can link most skills together in a fluent manner.
- You can describe one thing to improve.
- You can show good flexibility and strength in your movements.



GOLD

- You can perform the gymnastic skills to an excellent ability.
- You can demonstrate excellent teamwork skills and help organise your group members into position.
- You can link all your skills together fluently and in control.
- You can describe in detail how to improve.
- You can show excellent flexibility and strength in your movements.