** Tigers – PE – Gymnastics**

***Key Skills:***

Physical:

* Travelling actions, shapes, balances, jumps, barrel roll, straight roll, forward roll progressions.

Social:

* Sharing, working safely.

Emotional:

* Confidence

Thinking:

* Selecting and applying actions, observing and providing feedback.

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| ***Words to know and spell (Tier 2 Vocabulary)*** | | |
| Travel | Start | Finish |
| Jump | Roll | Point |
| Speed | Shape | Fast |
| Slow | Level |  |

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| ***Words to understand and spell (Tier 3 Vocabulary)*** |

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| **Shape** | Pike, Straddle, Star, Arch, Tuck |
| **Action** | A skill that a gymnast will use in their sequence. |
| **Level** | High, medium, low |
| **Body Tension** | Squeezing muscles to help stay strong when performing actions. Having good body tension improves the quality of an action. |
| **Sequence** | A number of actions linked together. |

***Key skills to do:***

* Explore basic and still shapes - straddle, straight, tuck, pike.
* Perform balances making their body tense, stretched and curled.
* Explore barrel, straight and forward roll progressions.
* Explore shape jumps including jumping off low apparatus.

***Concept check questions. Test yourself:***

How do I stay safe in a gymnastics lesson?

How can I perform a star jump?

How does my body change when I do exercise?

What is a barrel roll?