** Flamingos – PE – Gymnastics**

***Key Skills:***

Physical:

* Travelling movement, shapes, balances, shape jumps, barrel roll, straight roll, forwards roll.

Social:

* Sharing, working safely.

Emotional:

* Confidence, independence

Thinking:

* Selecting and applying actions, observing and providing feedback.

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| ***Words to know and spell (Tier 2 Vocabulary)*** |
| Action | Travel | Balance |
| Jump | Direction | Roll |
| Link | Sequence | Straddle |
| Pike | Tuck | Star  |

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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.  |
| **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 using shapes in different gymnastic balances.
* Remember, repeat and link combinations of gymnastic balances.
* Explore barrel, straight and forward roll and put into sequence work.
* Explore shape jumps and take off combinations.

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

How do I stay safe in a gymnastics lesson?

How can I perform a forward roll?

How does my body change when I do exercise?

Can I demonstrate 3 gymnastic shapes?

How can I maintain control with my balance or roll?