



# Meerkats – PE – Gymnastics

## Key Skills:

### Physical:

- Individual and partner balances, jumps using rotation, straight roll, barrel roll, forward roll, straddle roll, bridge, shoulder stand.

### Social:

- Responsibility, collaboration, communication, respect

### Emotional:

- Confidence.

### Thinking:

- Observing and providing feedback, selecting and applying action, evaluating and improving.

## Key skills to do:

- Develop the range of shapes they use in their sequences.
- Develop strength in bridge and shoulder stand.
- Develop control and fluency in individual and partner balances.
- Develop the straight, barrel, forward and straddle roll and perform with increased control.
- Develop control in performing and landing rotation jumps.

## Words to know and spell (Tier 2 Vocabulary)

Level	Action	Balance
Body Tension	Direction	Speed
Pathway	Technique	Sequence
Perform	Shape	Roll



## Words to understand and spell (Tier 3 Vocabulary)

<b>Inverted Movement</b>	An action where the hips go above the head such as a shoulder stand, bridge or cartwheel.
<b>Apparatus</b>	Equipment used in gymnastics.
<b>Rotation</b>	Travelling around a centre, or axis.



bridge

## Concept check questions. Test yourself:

How does exercise help you to be healthy?

What muscles are used for this movement?

Can you prepare a sequence of movements that varies the levels and shapes?

Can you give another pair some feedback?

Why is body tension important in gymnastics?