



# Frogs – PE – Gymnastics

## Key Skills:

### Physical:

- Straddle roll, forward roll, backwards roll, counter balance, counter tension, bridge, shoulder stand, handstand, cartwheel, vault.

### Social:

- Communication, collaboration, responsibility, respect

### Emotional:

- Confidence

### Thinking:

- Evaluating and improving sequences, selecting and applying actions.

## Key skills to do:

- Perform shapes consistently and fluently to a high standard, sometimes linked with other gymnastic actions.
- Explore progressions of a cartwheel.
- Explore symmetrical and asymmetrical balances.
- Develop control and fluency in the straight, barrel, forward, straddle and backwards roll.
- Select a range of jumps to include in sequence work.

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

Roll	Balance	Cartwheel
Direction	Level	Action
Tension	Speed	Pathway
Timing	Symmetrical	Extension
Rotate		



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

<b>Counter tension</b>	When gymnasts perform a balance which involves two or more of them pulling away from each other or a piece of apparatus.
<b>Asymmetrical</b>	Not symmetrical
<b>Synchronisation</b>	Where performers complete the same actions at the same time.
<b>Canon</b>	Where performers complete actions one after the other.
<b>Inverted</b>	An action where the hips go above the head such as a shoulder stand, bridge or cartwheel.
<b>Aesthetics</b>	Something looking good.

## Concept check questions. Test yourself:

How do I use apparatus safely?

What are the steps needed to perform a cartwheel?

How do I complete an effective warm up?

How will flexibility improve my performance?