



P.E. Knowledge Organiser - Gymnastics (Year 4)



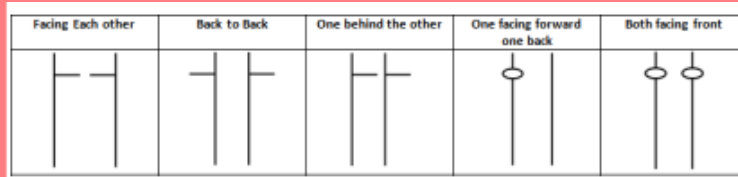
Key Vocabulary

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|----------|--|
| Linking | Placing actions together in a logical order - making them flow. |
| Unison | Partner/group work all performing same skills at the same time. |
| Canon | Partner/group work one performs skill then the next person performs. |
| Pathway | The path taken on a sequence. |
| Turn | Change of direction - 1/4, 1/2., 3/4, whole turn. |
| Wheeling | The art of moving like a wheel. |

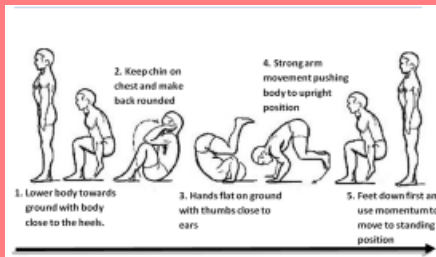
Key Knowledge

Partner Relationships

How you can start a sequence/action with your partner.



Backwards Roll



Cartwheeling



Gymnastics

Gymnastics is a sport that includes exercises requiring balance, strength, flexibility, agility, coordination, and endurance. The movements involved in gymnastics contribute to the development of the arms, legs, shoulders, back, chest, and abdominal muscle groups. Elite gymnasts compete at the Olympics, Commonwealth Games, Worlds and European Championships.

Different types of gymnastics:

Artistic

Rhythmic

Trampoline

Acrobatics

Aerobic

Parkour

Tumbling