

Year 4 Gymnastics activities – Balance (small & large body parts)

I will learn...

HANDS



to practise holding shapes still on small (head, hands, knees, elbows, feet) and large (bottom, tummy, back, shoulders, legs) body parts.
to experiment with different ways to get out of a balance using a gymnastics action such as a roll, turn or jump.
how to balance with a partner at the same time in different ways such as side by side, back to back & facing.
where centre of gravity is when holding a balanced shape.
to perform sequences on my own and with a partner showing control.

HEAD



to create, remember & repeat sequences on my own / with a partner.
how to plan to use a variety of actions & level changes on floor & apparatus.
to plan and discuss adapting a floor sequence onto apparatus.
to describe if an action was performed well and suggest ways to improve it.
how to use the teaching points given when practising a new skill.

HEART

to be safe at all times and follow instructions.
how to carry, move & share apparatus carefully and safely with others.
to compare my performance to others.
to challenge myself to attempt more difficult skills.
that strength, flexibility & co-ordination are important for physical activity.
to explain the reasons for a warm up.
why exercise is good for my health and the effects of it on my body at different points during an activity.

Key questions: How can you hold a balance still? What travelling actions can you use to link balances? How can you get out of a balance in a more interesting way? What is a sequence? What should you think about when performing on apparatus? How many ways can you work with a partner?

Key vocabulary:

Balance – hold body in a shape and keep still.

Squeeze – tighten muscles to keep still.

Centre of gravity – an imaginary point in your body around which your body can balance. It needs to be above the base of your body touching the floor to be able to keep still.

Levels – shapes, linking moves and travel actions can be performed with the body on low, medium and high levels.

Control – actions can be started and stopped, shapes can be held still and directions travelled in can be changed efficiently.

Quality – performing actions and shapes at the best possible standard that a gymnast is capable of.

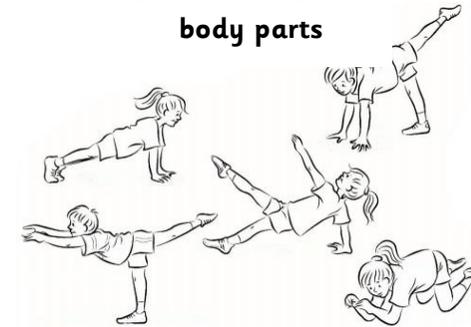
Strength – is how strong you are and the body's ability to work against a force, such as lifting a weight or being able to lift own body weight.

Flexibility – the ability to bend and stretch the body in different ways. Lots of gymnastics actions need good flexibility to be able to perform them.

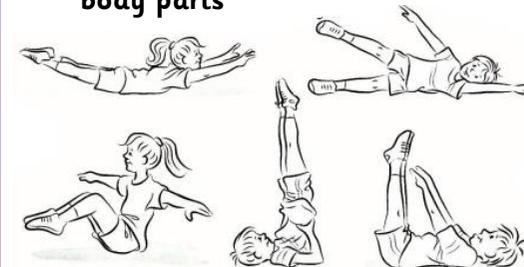
Co-ordination – choosing the right muscle at the right time to move in a smooth, controlled, accurate way.

Exercise – activity using the body that maintains or improves fitness.

Balance on small body parts



Balance on large body parts



Strength



Flexibility



Centre of gravity

