

Year 4 Swifts

PE

Autumn 1

FUNDAMENTALS of PE

and

Gymnastics

	Key Vocabulary	Definition
Fundamentals of PE	accelerate	To move more quickly; increase speed.
	agility	To be in motion, stop, change direction and get moving again
	balance	To maintain a controlled body position during task performance
	control	The ability of the nervous system to control the contraction of the muscles
	coordination	To select the right muscle at the right time with proper intensity to achieve proper action.
	decelerate	To move more slowly, decrease speed.
	technique	The basic movements of any sport or event
Gymnastics	balance	The ability to maintain a controlled body position during task performance.
	body tension	Tightening of muscles to keep body in desired position.
	control	Ability to make your body do as you want it to, hold a position.
	execution	The technique used to perform a movement.
	posture	The manner and position in which we hold our head, neck, back, and spine
	Rotation jumps	Jumping whilst rotating in the air.
	sequence	Two or more skills which are performed together to create a different combination skill.
	straddle	Legs apart at 90° angle, seated position.

Balance

An important physical skill that we use every day. Balancing means maintaining your posture during any activity, whether you are still or moving. It involves a wide range of physical attributes, including muscle strength and control, coordination and awareness of your surroundings. Other physical skills like your vision and inner ear also have a huge bearing on how good your balance is.



Agility

The ability to move fast and to suddenly change speed and/or direction. This skill is required in many sports, for example when trying to dodge keep the ball away from an opponent or dodge to lose a marker.



What is gymnastics?

Gymnastics is a sport in which we do exercises that need strength, balance, flexibility and control. In gymnastics, we may use lots of different skills, for example running, jumping, balancing, stretching, bending and tumbling.

Key Skills:

Developing Balances (individuals, with a partner or in a group)

Strong body tension will help you to hold balances with more control. Hold moves for at least 5 seconds. Use different body parts & levels to keep balances interesting. Balance in pairs: use body tension to hold one another up. When taking weight on hands, tense stomach

Rotation Jumps

Keep your chest upright, eyes forward. Start with hands by side, and raise them as jumping. Bend your knees & spring upwards to jump high. Land feet together, toes first. Try to land without much noise. Bend your knees

Rolls

You should be becoming more confident with each of the following rolls: straight, barrel, forwards and straddle. -For the more difficult rolls (forward and straddle) body tension is particularly important for maintaining form.

Creating Sequences

Consider how moves look together. Marks for quality and control. You should now be able to use different apparatus and inverted movements within your sequences. Think about your starting and finishing position carefully.

Jumping and Landing

Knees bent when jumping and landing. Land on toes then heels. Head up to prevent over-rotation and stability. Arms out in front at shoulder height. Squeeze muscles to help you to balance.



Quarter Turn

Land feet together. Look forwards. Bend knees on landing.

Half Turn

Land facing the opposite way. Land toes first. Keep eyes looking forwards to help stability.

Full Turn

Turn head around quickly. Bend knees on landing.

