



PE
Year 4

Gymnastics

Can I create a sequence on the floor using a range of movements that flow, incorporating a change in level?
Can I apply unison and canon to my performance?

Can I develop sequences that include a change of direction on apparatus?
Why is including a change in direction challenging our creativity?

Can I work together in a group to create sequences with a set criteria of elements that must be included? (change of level/direction, use of apparatus, canon and unison)

Can I develop my sequence to include a change of level on apparatus?
Why is including a change in level challenging our creativity?

Can I explore creating a sequence on the floor using a range of movements that have a change in direction?
Can I apply unison and canon to my performance?

Can I continue to work in small groups to create their sequences, combining both changes in level and direction, with balances and using a range of apparatus?

Celebration/Evaluation
To perform my sequence in front of my peers.

Key Vocabulary
Excellent Gymnastics, Extension, Control, Interesting, Bridge, Levels, Flow, Direction, Unison, Canon

What to revisit?
Y3—Unison and canon movements
Y2 / 3—Using apparatus in sequences
Y1 -3 Working collaboratively to create a sequence of movements