



## Jerry Clay Academy Subject Unit Overview

**Subject:** PE – Gymnastics    **Year Group:** Year 4

**Term:** Autumn

### **Core Learning of This Unit:**

- Create, practise and refine longer, more complex sequences for performance, including changes in level, direction and speed.
- Choose actions, body shapes and balances from a wider range of themes and ideas.
- Adapt their performance to the demands of a task, using their knowledge of composition.
- Understand the need for warming up and working on body strength, tone and flexibility.
- Lead small groups in warm up activities.
- Use basic set criteria to make simple judgements about performance

### **Prior Learning:**

- Use a greater number of their own ideas for movements in response to a task.
- Choose and plan sequences of contrasting actions.
- Adapt sequences to suit different types of apparatus and their partner's ability.
- Explain how strength and suppleness affect performance.
- Identify some muscle groups used in gymnastic activities.
- Compare and contrast gymnastic sequences, commenting on similarities and differences.
- With help, recognise how performances could be improved.

### **National Curriculum Statements:**

Pupils should be taught to:

- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].
- perform dances using a range of movement patterns.
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

### **Significant People**



#### **Kōhei Uchimura**

Kōhei Uchimura is a retired Japanese artistic gymnast. He is a seven-time Olympic medalist winning three golds and four silvers, and a twenty-one-time World medalist (all-around, team, floor exercise, horizontal bar, and parallel bars).

### **Key Vocabulary:**

- Explosive
- Evaluate
- Improve
- Asymmetric
- Contrasting