

# Gymnastics Knowledge Organiser - Year 4

Prior Learning: In Year three, children began to develop jumps with a turn: quarter, half, three quarters and full. They recapped rolls and they were introduced to the teddy bear roll and practiced these on their own and in pairs. They developed their bunny hops over a distance and on low apparatus. They also practiced balancing (points and patches). They created sequences in pairs and transferred these skills on to a variety of apparatus.

## Key Skills

### Physical Me

- Jumps with turns  
(1/4, 1/2, 3/4 & Full)



- Rolls  
Teddy bear roll in pairs/4's



- Movement onto Apparatus



- Balances



Matching



Mirroring

- Bunny hops onto low apparatus



- Sequences in pairs/fours

### Thinking Me

- Linking skills
- Providing feedback
- Observing

### Value Me:

- Courtesy
- Passion

### Social Me

- Co-operate
- Communication
- Mini Coach
- Team work

## Gymnastic Events

- Floor
- Vault
- Rhythmic
- Tumbling
- Acrobatic

## Inspirational Athlete

Beth Tweddle:

Renowned for her uneven bar and floor routines, she was the first female gymnast from Great Britain to win a medal at the European Championships, World Championships, and Olympic Games.



## Key knowledge

**Jumps with a turn-** Look around arm when turning. Use arms to rotate in a 1/4, 1/2, 3/4, or full turn. Land on the same spot bending at the knees.

**Teddy bear roll -** Start in straddle, roll onto shoulder, back, shoulder and then sit up.

**Jumps -** Look around arm when turning. Use arms to rotate in a 1/4, 1/2, 3/4 or full turn. Land on the same spot bending at the knees.

**Bunny Hops -** Static and moving. Chin up and look forward, hands on box, shoulder width apart, hop onto box, hands flat,

**Sequence-** displaying a clear start, middle and finish with good body tension, control, precision and fluency.

## Key Vocabulary

Matching

Mirroring

Elements

Static

Fluency

Apparatus

Explore

Sequences