

Year 4– Physical Education – Spring 1: Gymnastics

Key Questions:

Can you use all of your body when forming a pose?

What does it feel like when you hold a pose for a long time?

Activity:

How many different types of jumps and leaps can you remember and perform? Write down the name of 5 types of jumps and leaps and describe how to perform them.

Practise the jumps and leaps. Can you perform 5 in a row without stopping?

Which jumps or leaps can be performed quickly?

Which need more time?

Can you link together a sequence containing a variety of jumps and leaps to perform to your friends in class?

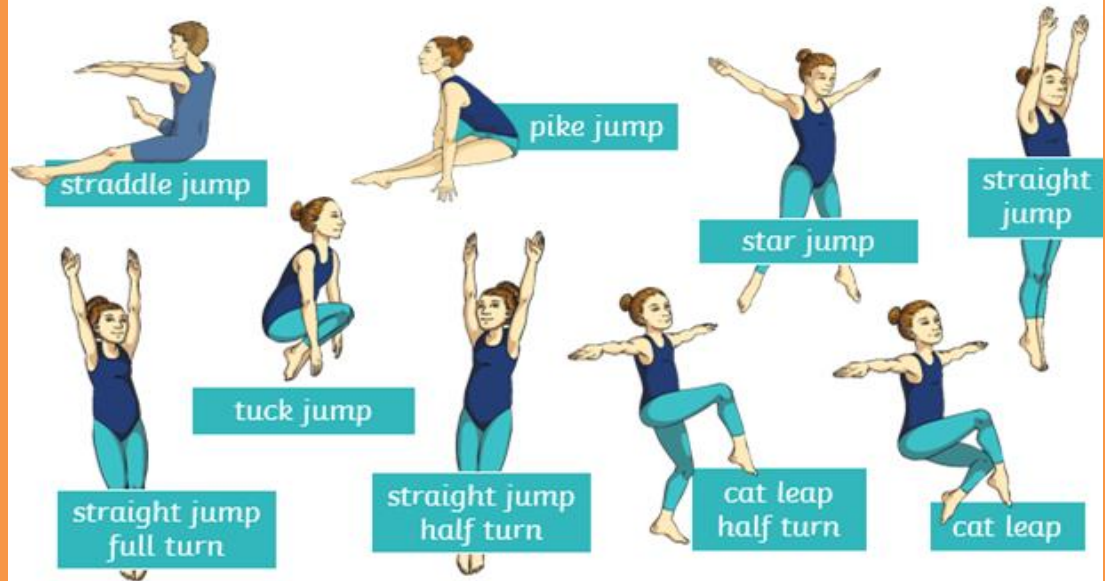


What will I learn?

You will learn to work with a partner to create symmetrical balance positions using different parts of your body.

You will piece together different movements to form a gymnastic routine.

Types of Jumps



Can you incorporate a turn into each jump?



Key words:
decision making
technique
posture
transition
coordination
flexibility
linking movement

Year 4– Physical Education –

Spring 1: Dance

What do I know already?

We have performed pair/group dances
We responded to music in a range of ways
to show feeling, mood and rhythm.

What will I learn?

We will respond imaginatively to **stimuli** related to character, music and story in our dances
We will perform clear and **fluent** dances and make up our own in a small group.
We will compare our performances with previous ones and **demonstrate improvement** to achieve our personal best.

Key words: stimuli, fluency, rhythm, critique, flexibility, strength, control, balance

Key Questions:

How do you give feedback to someone whilst still considering their feelings?
What stimuli did you use to create your dance?
What emotions or feeling do you think people watching your dance will feel?

Activity:

1. Try this activity with a friend or family member. It can be played with 2 or more people. One of you will perform a move and the other will copy it. Add a move each time so that by the end you are performing a sequence of moves and your partner is copying. Swap roles.

