



Get Set 4  
Education

# Knowledge Organiser

## Gymnastics Year 4

### About this Unit

Gymnastics is made up of a range of movement skills including balance, jumps rolls and shapes. Gymnastics began in ancient Greece as a way to exercise and develop physical strength. Modern gymnastics was developed in Germany in the late 1700s by Frederick Ludwig, who is considered the "Father of Modern Gymnastics".

Enter into a balance when both/all pupils have a clear understanding of their role.



Use a wrist grip for improved stability in any balance where pupils are holding hands.

Do not jump onto or off of another person. Always step down with control.



Ensure you have a base of support beneath you. The safest support points are over joints such as the hips and shoulders.



### Key Vocabulary



**body tension:** squeezing muscles to help to be stable when performing actions

**bridge:** an inverted action on hands and feet

**contrast:** different to one another

**extend:** to make longer

**flow:** smooth link

**fluidly:** flow easily

**inverted:** where hips go above head

**landing position:** a stable position used after jumping

**match:** the same

**momentum:** the direction created by weight and power

**perform:** to present to an audience

**rotation:** the circular movement of an object around a central point

**sequence:** a series of actions

**shoulder stand:** an inverted action on shoulders

**stability:** balanced

**wrist grip:** a safe grip used when performing partner or group balances

### Ladder Knowledge



#### Shapes:

Shapes can be used to improve your sequence. Be sure to show each shape clearly.

#### Inverted movements:

Inverted movements are actions in which your hips go above your head.

#### Balances:

Keep yourself and others safe in partner balances by using a wrist grip, only standing where there is a base of support and stepping into and out of the balances slowly.

#### Rolls:

Keep the shape of your roll using body tension.

#### Jumps:

Land toes first, look forwards and bend your knees to land with control.

### Movement Skills

- individual and partner balances
- rotation jumps
- straight roll
- barrel roll
- forward roll
- straddle roll
- bridge
- shoulder stand

This unit will also help you to develop other important skills.

**Social**

work safely, determination, collaboration, communication, respect

**Emotional**

confidence, perseverance

**Thinking**

observe and provide feedback, select and apply actions, creativity, evaluate and improve

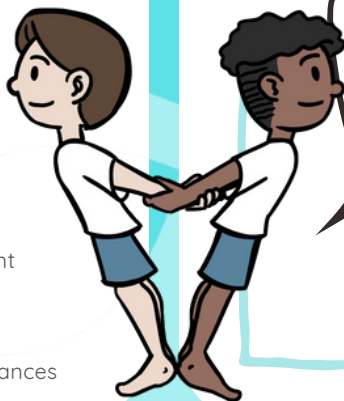
### Strategy

Use different directions to help make your sequence look interesting.

### Healthy Participation



- Remove shoes and socks.
- Ensure the space is clear before using it.
- Only jump from apparatus where you see a mat.



If you enjoy this unit why not see if there is a gymnastics club in your local area.

How will this unit help your body?

balance,  
co-ordination,  
flexibility, strength

### Home Learning



Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)

### Transporter



**What you need:** an empty box, 8 x pairs of rolled up socks, one player, one person to time.

#### How to play:

- The player begins lying on their back with the box at their head and the socks at their feet.
- They need to transport the rolled up socks, one at a time from their feet to the box behind their head.
- They can only use their feet to transport the socks.

How quickly can you move the socks?



Head to our youtube channel to watch the skills videos for this unit.



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