

Key Vocabulary	
Apparatus	The technical equipment or machinery needed for a particular activity or purpose.
Balance	An even distribution of weight enabling someone or something to remain upright and steady.
Co-ordination	The ability to execute smooth, accurate, controlled motor responses and to select the right muscle at the right time with proper intensity to achieve proper action.
Gymnastics	Exercises developing or displaying physical agility and coordination.
Jumps	To push oneself off a surface and into the air by using the muscles in one's legs and feet.
Partner	Either of a pair of people engaged together in the same activity.
Rolls	A gymnastic exercise in which a person tucks their head down and rolls their body in a forward or backwards circle on the floor.
Routine	A sequence of actions regularly followed.
Sequence	A set of related events, movements, or items that follow each other in a particular order.
Travelling	The action or activity of going from one place to another, typically over a distance of some length.

Year 3/4 - PE - Gymnastics

Sticky Knowledge/Skills

- In women's gymnastics, there are four activities: floor, uneven bars, balance beam, and vault. In men's gymnastics, there are six activities: floor exercise, parallel bars, high bar, pommel horse, vault, and rings.
- Always warm up and stretch before doing gymnastics.
- Travelling is an important part of Gymnastics and can be done in many different ways such as: different body parts - feet, hands and feet, stomach, bottom, different directions - forwards, backwards, sideways, different speeds - slow, fast, medium, different levels - high, low, middle or combining different elements e.g. High and slow.
- It is important to consider the following aspects when performing a sequence:
- The sequence is made up of the correct actions. Show a clear beginning and end to each action in the sequence. How to link the actions together - smooth transitions between each action. The speeds that different actions are performed at. The levels that different actions are performed at. All actions are performed with good technique, posture and body control

Famous Gymnasts



Max Whitlock is a British artistic gymnast. He is a five-time Olympic medallist (all around, team, floor exercise and twice on pommel horse), winning two golds and three bronzes, and an eight-time world medallist on the same apparatus with three gold and five silvers. He became Britain's first ever gold medallist in artistic gymnastics when he won both the men's floor and pommel horse exercises at the 2016 Summer Olympics.



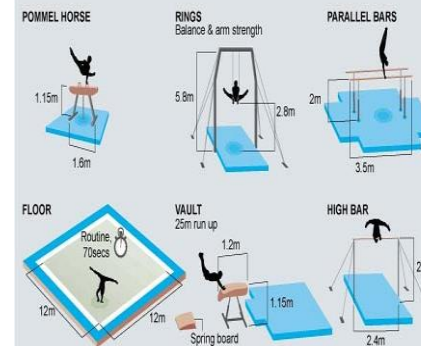
Beth Tweddle is the most successful British gymnast, male or female, in the history of the sport. She was the first female gymnast from Great Britain to win a medal at the European Championships, World Championships, and Olympic Games. Tweddle is a three-time Olympian. She is the 2012 Olympic bronze medallist on uneven bars.

Gymnastic events

Gymnastics is a sport that combines flexibility, endurance, strength and agility. Athletes perform acrobatic skills, such as jumps, flips and turns. Currently there are 3 types of gymnastics: rhythmic, artistic and trampoline. On the Olympic level, gymnastics teams are made up of six athletes, often called gymnasts.

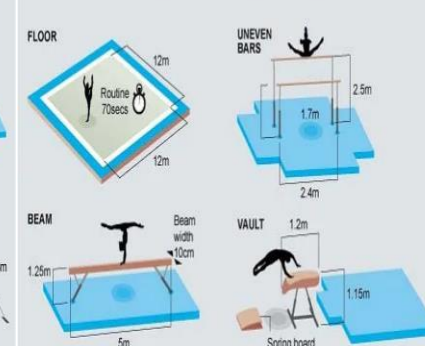
GYMNASTICS - MEN

The six distinct disciplines used in men's artistic gymnastics events at the Olympics.



GYMNASTICS - WOMEN

The four distinct disciplines used in women's artistic gymnastics events at the Olympics.



Gymnastics is thought to have begun in ancient Greece about 2500 years ago where it was used in training to keep fit for sporting activities. In the Greek city of Athens, gymnastic tournaments were held, including tumbling, rope climbing, and other

