

# Fens Primary School Knowledge Organiser



PE focus:

Gymnastics

Year 4

Term: 1B

## Key Skills

- create a sequence of actions that fit a theme
- use a range of actions, directions and levels in sequences
- move with clarity, fluency and expression
- show changes of direction, speed and level during a performance
- travel in different ways, including flight
- carry out balances, recognising the position of their centre of gravity and how this affects the balance
- begin to develop good technique when travelling, balancing and using equipment

## Equipment

Apparatus mat ribbon vault

## Famous Sports Stars

Max Whitlock

## Key Skills

rolling jumping balancing travelling linking

## Key Vocabulary

sequence routine control turn direction level action  
pathway rolling jumping travelling balancing shape  
linking

