

Things I should be able to talk about

- Consolidate and improve the **quality, range and consistency** of your physical techniques—dribbling, passing, receiving and shooting.
- Choose and use simple tactics and strategies in different situations.
- To know the short-term effects of exercise on the body
- To measure the short-term effects of exercise on the body
- Describe how the body reacts to different types of activity
- Describe and evaluate the effectiveness of performances

Year 3 & 4 Gymnastics

Vocab

- **Asymmetry**— not equal on both sides.
- **Symbolise**— to represent something else.
- **Symmetry**— Equal on both sides.
- **Travel**— to move or make a journey.



Simone Biles

American, born 1997.
 Individual all-around, vault and floor gold medallist.
 Balance beam bronze medallist.
 Took part in the 2016 Olympics.

New knowledge and skills

To create and perform a basic sequence	Comment on levels	To travel in different directions and using different movements
Using minimal input from an adult, design a sequence that meets a brief, i.e. animals, feelings, summarising a book.	To say how different levels are important and how they can symbolise different things.	To use a range of movements to move around the room. To explain that we can move in different directions.

