



WHAT SHOULD I ALREADY KNOW?

I know how to...

- Create a short sequence of movements.
- Roll in different ways with control.
- Travel in different ways.
- Stretch in different ways.
- Jump in a range of ways from one space to another with control.
- Begin to balance with control.
- Move around, under, over, and through different objects and equipment.

VOCABULARY

Apparatus	Gym equipment used to climb, balance on, move along, under, around and through and to jump on and off.
Crab Walk	A useful skill for introducing children to moving with strong body tension.
Momentum	A number of gymnastic movements require initial speed in order to complete them safely and successfully.
Sequence	When a number of movements are carried out in quick succession.
Lunge	This movement is a simple, but effective introduction into a number of gymnastic moves.

STICKY KNOWLEDGE

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|--|------------------------|
| Log roll (controlled) | Straight jump |
| Curled side roll (egg roll) (controlled) | Tuck jump |
| Teddy bear roll (controlled) | Jumping jack |
| Rocking for forward roll | Half turn jump |
| Crouched forward roll | Cat spring |
| | Cat spring to straddle |

WEAVING CONCEPTS



GREAT GYMNASTS

BETH TWEDDLE



Elizabeth Kimberly Tweddle MBE is a retired British artistic gymnast. Renowned for her uneven bar and floor routines, she was the first female gymnast from Great Britain to win a medal at the European Championships, World Championships, and Olympic Games.

<https://www.teamgb.com/athlete/beth-tweddle/40J39Gg3SY7K79wdXqCCev>

