



Coleman Primary School

Year 4 Summer 1 Knowledge Organiser

PE—Gymnastics—Rotation

Create and perform movement patterns

We will practise and learn different **rotations**, including **rolls**, **spins**, **turns** and **twists**.

We will then link the movements together to create a movement phrase with 4—6 movements.



Can you use moments of **freeze** in your movement phrase?



Can you add different **levels** to your movement phrase?

You will learn...

- about different types of rotation—rolls, turns, spins and twists
- to link movements smoothly
- to perform a sequence of 4—6 movements

Key Vocabulary: Gymnastics Rotation

control: moving carefully and deliberately

freeze: holding a position or balance for a few seconds

roll: the parts of the body touching the floor or apparatus

spin: a rotation performed on one pivot point of the body, e.g. a spin on one foot

turn: a rotation involving multiple contact points and movements, e.g. turning on tip toes taking small steps

twist: a rotation involving moving the body or a body part away from the centre point, e.g. legs forward, looking backwards

centre of gravity: where the weight of your body is

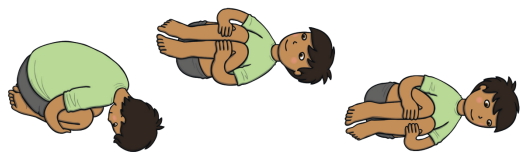
flexibility: how much you can move your body and joints

level: the height you perform a movement: low, medium or high

rotation: a circular or 'round and round' movement

Different kinds of rolls

Egg roll



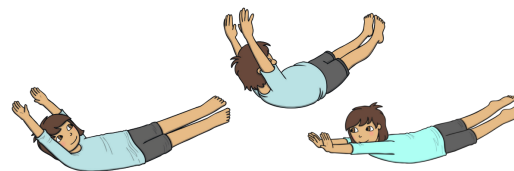
1. Curl up like an egg.
2. Keep chin tucked tight.
3. Hold knees tight.
4. Keep body tight and roll from one side all the way over.
5. Practise rolling in both directions.

Pencil roll



1. Lie down on the floor.
2. Put arms and legs out straight.
3. Keep arms and legs together.
4. Keep body in a stiff position.
5. Roll from back to front then front to back.

Dish roll



1. Lie down on the floor.
2. Put arms and legs out straight.
3. Keep arms and legs together.
4. Lift arms and legs slightly off the ground.
5. Roll from back to front then front to back.

Teddy bear roll



1. Sit with legs straight and apart.
2. Hold back of knees.
3. Roll back on to shoulder.
4. Roll across to other shoulder.
5. Sit back up.
6. Keep legs straight.
7. Start and finish in a straddle position.

PE Skills Progression

In Year Three you were...

- starting to improvise freely on your own and with a partner
- beginning to translate ideas from a variety of stimuli into movement
- starting to compare, develop and adapt motifs to create longer phrases

In Year Four you will...

- improvise freely on your own and with a partner
- translate ideas from a variety of stimuli into movement
- compare, develop and adapt motifs to create longer movement phrases