



# Coleman Primary School

## Year 4 Autumn 2 Knowledge Organiser

### PE—Gymnastics—Principles of Balance

#### Create and perform movement patterns

We will practise and learn different balances, using **points of contact** to hold our bodies. We will then link the balances together to create a movement phrase with 4—6 movements.

Can you add different levels to your movement phrase?

Can you use the bench in your movement phrase?

#### You will learn...

- how contact points, surface area and centre of gravity affect balances
- to link balances smoothly
- to perform a sequence of 4—6 movements

| Key Vocabulary: Gymnastics   |   |
|--|---|
| <b>control:</b> moving carefully and deliberately                                      | <b>centre of gravity:</b> where the weight of your body is                          |
| <b>freeze:</b> holding a position or balance for a few seconds                         | <b>level:</b> the height you perform the balance: this could be low, medium or high |
| <b>points of contact:</b> the parts of the body touching the floor or apparatus        | <b>flexibility:</b> how much you can move your body and joints                      |
| <b>surface area:</b> the size of the parts of the body touching the floor or apparatus | <b>strength:</b> how much weight you can hold                                       |

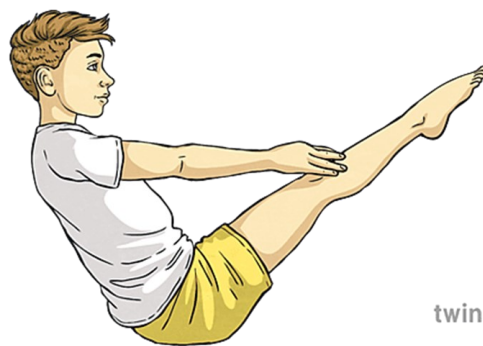
#### Examples of balances



one foot stand



side knee balance



v—sit



front support

#### 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 dances

#### PE Skills Progression

#### 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