

STICKY KNOWLEDGE

- *I can name a variety of balances (upright and partner), jumps (straight, star, tuck) and rolls (dish, pencil).
- *I know that when actions are linked it is called a sequence.
- * I know that mirroring is when you face someone and do the opposite movement.
- * I know that apparatus (benches and mats) can be used in gymnastics.
- *I know that women gymnasts compete on 3 pieces of apparatus and men on 5 pieces.
- * I know that evaluating involves improving the quality of a performance and making changes.



YEAR 3



Beth Tweddle was the first British woman to win a European medal.

VOCABULARY

Balance A state of stillness when the body is not moving.

Sequence When one movement follows on smoothly after another.

Apparatus A piece of equipment that is used in gymnastics.

Mirroring When you face someone and use the opposite body part.

Suppleness Bending the body with ease.



GYMNASTICS YEAR 4

using apparatus

- I know that symmetrical body shapes are when they are the same on both sides and asymmetrical are when they are different.
- I know that a sequence is made up of linked movements and includes balances, actions, a change of speed and direction.
- I know that gymnastics can involve apparatus such as mats, beams and bars.
- I know that women compete on the vault, uneven bars and the beam and that men compete on the vault, rings, high bar, pommel horse and parallel bars.
- I know to evaluate the work of others you must suggest ways to improve and recognise quality.
- I know that exercise can improve fitness a performance.



VOCABULARY

Symmetrical – 2 halves which are exactly the same.

Asymmetrical – Having parts that fail to correspond to one another in shape, size, or arrangement.

Accuracy – Being correct and precise.

Repeat – Carry out a sequence of moves more than once.

Phase – A series of movements bound together with a beginning and end.

Combination – A series of connected movements, turns, rolls, jumps.

Composition – The structure of a routine and how each individual element, movement or skill is arranged.

Judgement – Evaluating the presentation created by the competitor and reflecting on improvements which could be made.



Louis Smith was a British gymnast. He won Olympic medals on the pommel horse at the 2008, 2012 and 2016 Olympics.

YEAR 4

STICKY KNOWLEDge

- *I know that cricket is a striking and fielding game
- *I know that rules need to be followed for a game to be fair and that tactics can cause problems for the opposition.
- * I know to have 'W' hands when catching a ball whether I am stationary or on the move.
 - * I know that an effective team needs to communicate and show sportsmanship.
- * I know that performances can be improved by listening to the advice of others.
- * I know that different activities affect different parts of the body.
- *I know that James Anderson is considered one of the best bowlers of all time.
 - *I know that Heather Knight is the current England Cricket captain.



James Anderson is considered one of the best English bowlers of all time. Heather Knight is the current England Ladies Cricket captain.



VOCABULARY

Underarm – a throw that involves the arm pushing down and back.

Overarm - a throw that involves the arm pushing out and over

Fielder - a person who stands in the field to retrieve the ball

Bowler - a person who delivers the ball to the batter

Opposition – the team that you are playing against

Communicate – to talk to members of your team sharing advice and tactics

ROCK AND ROLL DANCE YEAR 5

- I know that there are different styles of dance eg rock and roll, ballet, ballroom, street dance etc.
- I know that to improvise means to dance spontaneously, without preparation.
- I know that to compose a dance means to plan and prepare a dance so that it is accurate and fluent.
- I know that evaluating a dance involves making changes and improvements yet remembering to keep the style and the context.
- I know the importance of warm-ups and cool downs and the effect they have on the body eg heart and muscles.
- I know that warm-ups should be a gradual build up so as to stay safe.



Elvis Presley was a trail blazer for Rock and Roll both with his music and dance moves.

VOCABULARY

Tension – contracting the muscles to create strength

Adapting – making changes and improvements

Formations – the way in which dancers are placed within a dance

Analyse – judge the standards of the movements, steps, rhythm and choreography

Style – the type of dance classified due to it's moves

Content – the steps and movements within a dance

GYMNASTICS

using apparatus

Year 5

STICKY KNOWLEDGE

- I know different jumps (straight, tuck, pike) and leaps (stag and split).
- I know that rolls can be forward, backwards and sideways.
- I know that unison means moving at the same time and canon means one following another.
- I know that women compete on the vault, uneven bars and the beam and that men compete on the vault, rings, high bar, pommel horse and parallel bars.
- I know that gymnasts need to be strong and flexible when performing a bridge.
- I know that exercise is good for the heart muscle and our mental well being.
- I know that warm-ups prepare our bodies for exercise.

VOCABULARY

Cannon – To perform the identical movement one after the other

Unison – To move at the same time

Bridging – An arched position with your tummy facing the ceiling.

Flexibility – The ability to bend easily.

Smooth Transitions – To link movements effortlessly so that a sequence is fluent.

Fluency – When movements link without a break.

Refine – To make slight changes in order to improve.

Consistently – Performing movements within a sequence to the same standard repeatedly.



Olga Korbut was a Russian gymnast whose popularity sparked a world-wide interest in the sport.

Year 6



STICKY KNOWLEDGE

- I know that cricket is a striking and fielding sport.
- I know when fielding the ball on the ground I stay low, crouch down on one knee using this as a barrier and put your wrists together and spread fingers.
- I know when fielding a high ball, I keep my eye on the ball, position myself underneath and put wrists together and spread fingers.
- I know that a successful team uses tactics and are good communicators.
- I know that when evaluating performance, you need to give constructive advice.
- * I know the link between injuries and warming up, which may vary for different activities.
- * I know that exercise is good for fitness, health and well being.

Ian Botham is considered one of England's greatest Ever cricketers.



Mithali Raj holds the record for the second highest score in women's cricket.



VOCABULARY

Fluency - smooth movement where all body parts are in unison eg bowling

Tactics – a particular manoeuvre to gain an advantage

Strategy – a plan of action to beat the opposition

Wicket keeper – a fielder who stands behind the wickets being watchful of the batsman.

Over – consists of 6 bowls

Technique – the correct way to carry out a particular task.

STICKY KNowledge

- *I know that a point balance involves a specific number of body parts making contact.
- *I know that women gymnasts compete on the beam, uneven bars and the vault and that men compete on the vault, rings, high bar, parallel bars and the pommel horse.
- * I know that apparatus such as hoops, balls and ribbons can be used in gymnastics
- * I know that a gymnast shows good body tension, extension, flexibility and strength.
- * I know that sequences should flow, adhering to strict timings and can be performed individually or with a partner. They should be aesthetically pleasing.
- * I know that to evaluate others you need to be fair and offer tips for improvement.
- *I know that warm-ups prepare your body for exercise and cool downs prepare your body to stop exercising.
- *I know that increasing your heart-rate regularly improves your fitness and well being and that muscles relax and contract during movement.



YEAR 6



Nadia Comaneci was a Romanian gymnast who scored the first ever perfect 10.



VOCABULARY

Body Tension Controlling the action of the body (in static strength positions as well as in movement) when the body is held tight.

Extension Stretching or straightening out a flexed limb. Extension of a joint is moving toward its most straight.

Synchronised Something which happens in a planned way at exact times.

Choreography The inventing of steps and movements to form a sequence.

Aesthetically Pleasing Movements which smoothly flow from one element to another creating one beautiful performance.

