



# Shadsworth Junior School



## Curriculum

### Year 4 Scheme of Work

Term: Autumn 2

Topic: PE Gymnastics

#### Key Skills and Knowledge:

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| <ul style="list-style-type: none"> <li>• Devise, perform and repeat sequences that include travel, body shapes and balances.</li> <li>• Help them change sequences. Include changes of dynamics. (pathways)</li> <li>• Work with a partner. Adapt their sequences to include apparatus, partner or small group.</li> <li>• Compare and contrast similar performances. Suggest ways to improve the quality of sequence.</li> <li>• Create and perform a simple sequence on floor and using mats of up to four elements (eg balance roll, jump, and body shape).</li> <li>• Clear starting place and move smoothly between shapes and actions.</li> </ul> | <p style="text-align: right;"><u>Character Development</u></p> <ul style="list-style-type: none"> <li>• Cooperation</li> <li>• Compromising</li> <li>• To evaluate the effectiveness of own and other's performances.</li> </ul> <p style="text-align: right;"><u>Key Knowledge</u></p> <ul style="list-style-type: none"> <li>• To carry apparatus safely.</li> <li>• To know how to jump correctly and safely.</li> <li>• Control your landing by putting your arms out.</li> <li>• Land on 2 feet when jumping off apparatus.</li> <li>• Extend your arms and point your toes.</li> </ul> |
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#### Reading and Writing Opportunities (Long and Short Activities) Creative Ideas and Hooks

Plan and practise moving out of different balance positions, focusing on body control and fluency of movement.

Use travel, jump and rolling for transitional movements e.g. shoulder stand, over balance, roll to knees

Develop and record a sequence which shows moving out of 4 different balances as above

Travel over, under, across, though, round, along apparatus  
Adapt floor sequence to apparatus

#### Links to PSHCE, Equality and British Values Work

STEPS for differentiation – disabilities  
Group work majority votes  
Following rules  
Responsibilities/relationships  
Right to be heard

#### Key Vocabulary:

Weight bearing, balance, stillness, fluency, transition, control, continuity, body tension, extension, bridge, level, direction, patch, point

#### Resources Available / Visits/Visitors

Mats  
Benches  
Apparatus  
Sequence spots

#### Useful Websites:

[https://www.british-gymnastics.org/PE Passport](https://www.british-gymnastics.org/PE%20Passport)  
<https://my.primarypepassport.co.uk/>

#### Previous Knowledge

Link different balances moving in and out of positions of stillness.  
Transfer weight smoothly from one part of body to another.  
Use actions on floor and over, through, across and along apparatus.