

# PE End Points

## Year 4- Gymnastics



### Balance

- identify and use a variety of body parts for supporting balances and understand which combinations produce the most stable bases.
- demonstrate a variety of balanced positions, including ones with feet high and understand about body tension and quality of performance.
- understand that the same base can support different shaped balances and demonstrate contrasting shapes (e.g. wide/narrow/curled; symmetry, asymmetry).
- create and perform a sequence which combines four or more balances with travelling movements, jumps or rolls.
- transfer and extend all these ideas and skills onto suitable complex arrangements of apparatus at every stage of learning.
- adapt and transfer all these ideas and skills onto apparatus at every stage of learning.

### Rolling

- identify and show at least two different types of rolls in different directions (forwards, backwards, sideways) and understand they can be performed at different speeds.
- understand and demonstrate how to land safely and sink down into a roll on the floor and match different types of jumps with different rolls.
- Create a sequence with a partner linking different rolls with jumps, balances and travelling movements.
- make simple assessments of performance and composition based on criteria given by the teacher.
- transfer and extend all these ideas and skills onto apparatus at every stage of learning (e.g. rolling underneath, around, along and on apparatus and jumping, springing, lowering or sliding from apparatus into a roll on the floor).

### Receiving Bodyweight

- show a variety of travelling, jumping, rolling and balancing skills and understand how different body parts are capable of receiving weight.
- identify and use skills which transfer weight from feet to hands and back to feet again.
- move smoothly into and from a balance and link balances with travelling and rolling actions.
- show an understanding of shapes, levels and speeds.
- create a sequence with a partner to show a variety of ways of receiving body weight with control and accuracy, work co-operatively and offer constructive ideas.
- transfer all these ideas and skills onto apparatus and extend or adapt as appropriate.

