



Y4 PE Knowledge Organiser—Gymnastics



Key Knowledge

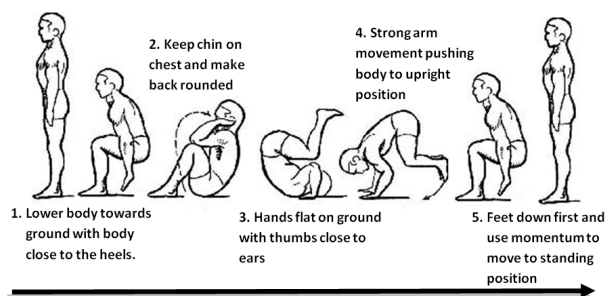
Learn these key facts

Partner Relationships

Facing Each other	Back to Back	One behind the other	One facing forward one back	Both facing front

How you can start a sequence/action with your partner.

Backwards Roll



Cartwheeling



Key Vocabulary

Understand these key words

Word	Definition
Linking	Placing actions together in a logical order—making them flow.
Unison	Partner/Group work all performing same skills at the same time.
Canon	Partner/Group work one performs skill then the next person performs.
Pathway	The path taken on a sequence
Partner Relationship	How you are positioned with your partner.
Turn	Change of direction 1/4, 1/2, 3/4 whole turn.
Wheeling	The skilful art of moving like a wheel.
Starting Position	A shape / balance held before beginning a sequence.
Star	Arms and legs extended at angles to create a star shape.
Pin	Extended narrow / thin shape
Tuck	Creating a ball shape with your body—pulling knees into chest.

Gymnast

Focus

Olga Korbut

Munich 1972 Olympics at the age of 17 Olga captivated the world with her daring acrobatics and her raw displays of emotion. Korbut ushered in an era of gymnastics dominated by young, lithe women. One of the first to backflip on the beam.



Nadia Comaneci

The first woman to score perfect 10s at the Olympics—Nadia did this at the Montreal Games in 1976—Her score was 100.0 but as the scoreboard could only have 3 digits so her score was shown as 1.00.

She also has two gymnastic moves named after her.

