

What should I already know?

- What my core muscles are.
- How to engage my core muscles to perform specific movements.
- How to jump in a variety of ways.
- How to perform a variety of rolls.
- How to climb onto and jump off PE equipment safely.

Key Knowledge

- We can make our bodies **tense**, **relaxed**, **curled** and **stretched**.
- We can make ourselves **tense** by **clenching** our hands and feet as well as locking knees and elbows.
- The faster we move the less **control** we have.
- We can put movements together to create a **sequence**.
- We can describe the movements of others and say how they can improve.

Key Vocabulary and definitions

Tense	When you make the muscles in your body stretched or tight.
Clench	To tightly squeeze a part of your body.
Control	The ability to start and stop movement, change direction and hold a shape efficiently.
Relaxed	When you loosen the muscles in your body and they are not tense.
Curled	To make a curved shape with your body.
Stretched	To make a body part as long as it can be.
Sequence	A set of movements that follow each other in order.
Climb	To go up something.
Apparatus	The equipment used for gymnastics during PE.



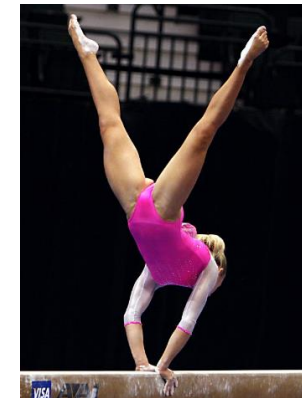
Examples of PE Apparatus.



Gymnastics



Making a curled shape.



Stretching the body.