

	clear changes in direction in a line dance? Can I use canon and unison to make our line dance look interesting? SUPERPOWERS Can I remember, repeat and create actions around a theme? Can I understand and use formations? Can I structure a dance to represent a theme?							
Body tension Bridge Contrast Extend Flow Fluidly Inverted Landing position Match Momentum	Autumn 2/ Spring 1 Gymnastics (Year 4) Can I develop individual and partner balances? Can I develop individual and partner balances using apparatus? Can I develop control in performing and landing rotation jumps? Can I develop rotation jumps and	I can explain what happens to my body when I exercise and how this helps to make me healthy. I can plan and perform sequences with a partner that include a change of level and shape. I can provide feedback using appropriate language relating to the lesson. I can safely perform balances individually and with a partner. I can watch, describe and suggest possible improvements to	Physical – Individual and partner balances Rotation jumps Straight roll Barrel roll Forward roll Straddle roll Bridge Shoulder stand Social – Work safely Determination Collaboration Communication Respect Emotional – Confidence Perseverance	Exercise makes your heart beat faster and strengthens your muscles, which helps keep you healthy. A sequence in gymnastics includes changes in level, shape, and smooth transitions between movements. Using key words like balance, control, and tension helps us give clear and useful feedback.	Watching and Reflecting: Watching others perform helps you spot strong shapes, good control, and areas to improve. Giving Feedback: Using clear words like “tension” and “balance” helps others understand how to improve their movements. Practising and Rehearsing: Repeating sequences helps you build control, improve timing, and remember each movement.	Writing/Reading- Learning of key vocabulary. Understand and safely follow instructions. Structuring and providing feedback to others. Maths – Learning degrees of rotation. Creating an understanding of inversion.	I noticed that you held your balance by... One thing that worked well	

	Handball (Y4)	Netball (Y3)
	Hockey (Y3)	Tag Rugby (y4)
	Tennis (y4)	Swimming (external)

