



# PE: Year 4 Gymnastics & Dance

## Linking Positions

**Starting position** – a shape or a balance held at the beginning of a sequence.

**Turn** – changing direction including a quarter turn, half turn, three quarters and a whole turn.

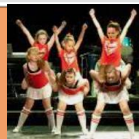
**Pathway** – a path taken on a sequence (how I travel around the mats).

**Linking** – placing actions together in a logical order making them flow.

**Partner work** – how I can travel together with a partner in a synchronised way.

## Important Dance Terms

**Dynamics** – This can refer to the speed, energy or flow of movements in a dance performance.



**Expression** – Performers can express emotions through their dance. The performer's expression of these emotions can come through their actions of their facial expressions.



**Rhythm** – In Dance, rhythm refers to the timing of movements in a particular dance. When performing to music, it's important that the rhythm of the dance matches the rhythm of the music.

## Key Skills

To create a sequence that follows set guidelines.

To adapt and change a sequence using apparatus, space, speed and direction.

To talk about the performance of others and myself and suggest how I can improve it.

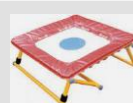
To explore, create and perform an individual dance using appropriate actions.

To perform more complex actions and phrases which have a theme, mood, feeling or character.

To describe aspects of my own and others dances and to suggest possible improvements.

## Equipment/Apparatus

Benches  
Beams  
Table  
Trampoline  
Mats  
Wedge mat  
Climbing frame



## Key Vocabulary

Key Vocabulary		✓
Theme	The subject or idea in a sequences.	
Sequence	A combination of two or more skills performed one after the other.	
Balance	The ability to keep your body steady and upright.	
Dismount	The act of jumping off an apparatus to end a routine.	
Acrobatic	Involving skilled balancing and jumping.	

## Performing

As you watch others perform, consider the strengths of each performance. Offer advice for how to improve:

- Take-off and landing
- Flexibility
- Shape
- Height
- Control

