

PE · Y3–Y6

# Gymnastics & Dance Movement

Knowledge Organiser — Y3–Y6

## Key vocabulary

1

### Body shape

The shape the body makes during movement: stretched, tucked, wide, narrow, twisted, symmetrical, asymmetrical.

*Example: Stretched star jump, tucked forward roll*

2

### Balance

Holding a still position with control — on different body parts, at different heights. Points of balance = where weight is taken.

*Example: One-legged balance (1 point), handstand (2 points), shoulder stand (many points)*

3

### Counterbalance

Two or more people balancing against each other — the combined weight creates the balance. If one person moves away, both fall.

*Example: Back-to-back sit, push-grip lean*

4

### Flight

Being in the air — either jumping or being supported. Includes: take-off, flight phase, landing (controlled, absorb force through knees).

*Example: Straddle jump, jump half-turn*

5

### Sequence

A series of movements performed in order, with smooth transitions between elements. Sequences have a beginning, development, and end.



6

**Dynamics**

How a movement is performed: fast/slow, strong/light, sudden/sustained, direct/flexible.

*Example: A punch (strong, direct, sudden) vs a float (light, flexible, sustained)*

# gymnastic sequence

The compositional principles

- 1. **VARIETY:** use different body shapes, levels (low/medium/high), and directions
- 2. **TRANSITIONS:** the connection between elements should be smooth and controlled — the transition IS part of the sequence
- 3. **TIMING:** vary the pace — some elements fast, some slow, some held still
- 4. **USE OF SPACE:** change directions, travel across the space, use different pathways
- 5. **QUALITY:** every element performed with care — straight legs, pointed feet, controlled landings
- 6. **START AND FINISH:** begin and end in a still, deliberate position
- **PEER ASSESSMENT:** watch a partner's sequence and identify one strength and one area to improve using the principles above

