







PE	Y4 – Travelling skills - KLP	
Skills	Knowledge	Concept & Vocabulary
 	<p>To explore a range of jumps and leaps, demonstrating a controlled take-off and landing position.</p> <p>To travel through a straight pathway, manipulating a rolled shape - including: forwards rolls, straddle rolls, pencil rolls, dish rolls and pike rolls.</p>	<p>Concept To perform a range of jumps and leaps showing control and clearly defined shapes to induce travelling.</p> <p>Vocabulary Control Flexibility Chassis step Lunge Pivot Sequence</p>
	<p>To travel using a vault in a straddle position demonstrating: a starting position, a hurdle step, rebound off a spring board, a tuck or straddle shape dismount and a finishing position.</p>	<p>Recall from Year 3</p> <p>Concept To choreograph a routine incorporating different ways of travelling</p>
	<p>To lunge into a handstand and cartwheel.</p>	<p>Vocabulary Pathways Zigzag, curved, straight</p>
	<p>To link movements together whilst travelling. To include: rolls, jumps, lunges, pivots and turns.</p>	<p>Travelling Balances Sequences</p>
	<p>To choreograph and perform a fluid gymnastics sequence including different ways of travelling using the floor & apparatus.</p>	

