



Grade	4	Unit 9	Gym Kids
POP Quiz Instructions			

Please find the Term 3 Practical Pop Quizzes.

www.almanahj.com

Teachers may use the Practical Pop Quizzes
in any order to suit their lessons.

For cycle 1, teachers can choose a **MINIMUM** of **THREE PPQ** from the
selection provided.

All Practical Pop quizzes must be completed by June 7th 2018.



Grade	4	Unit 9	Gym Kids
Student learning outcome	Stationary Balance		

Balance

www.almanahj.com





Grade	4	Unit 9	Gym Kids
Student learning outcome	Pathways		

Straight

www.almanahj.com





Grade	4	Unit 9	Gym Kids
Student learning outcome	Gymnastic Shape		

Gymnastic shape

www.almanahj.com





Grade	4	Unit 9	Gym Kids
Student learning outcome	Weight Transfer		

Full turn jump

www.almanahj.com





Grade	4	Unit 9	Gym kids
Student learning outcome	Creative Movement		

Pencil roll

www.almanahj.com





Grade	4	Unit 9	Gym kids
Student learning outcome	Stationary Balance		

Balance

www.almanahj.com

using hands

and feet





Grade	4	Unit 9	Gym kids
Student learning outcome	Pathways		

www.almanahj.com

Curved pathway





Grade	4	Unit 9	Gym kids
Student learning outcome	Gymnastic Shape		

Handstand

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Grade	4	Unit 9	Gym kids
Student learning outcome	Weight Transfer		

Straddle jump

www.almanahj.com





Grade	4	Unit 9	Gym kids
Student learning outcome	Creative Movement		

Cartwheel

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Grade	4	Unit 9	Gym kids
Student learning outcome	Stationary Balance		

Balance with feet high

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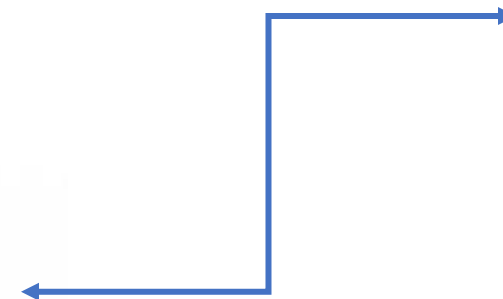




Grade	4	Unit 9	Gym kids
Student learning outcome	Pathways		

Zig zag

www.almanahj.com





Grade	4	Unit 9	Gym kids
Student learning outcome	Gymnastic Shape		

Perform the I-sit

www.almanahj.com





Grade	4	Unit 9	Gym kids
Student learning outcome	Weight Transfer		

Star Jump

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Grade	4	Unit 9	Gym kids
Student learning outcome	Creative Movement		

Forward roll

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