

Year 5 Term 4 P.E: Gymnastics



Curriculum Key Question: How can I look after myself and others?
Topic: How do things change?

What should I already know?

- I can explain what happens to my body when I exercise and how this helps to make me healthy.
- I can identify some muscle groups used in gymnastic activities.
- 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 others' performances and my own.
- I understand how body tension can improve the control and quality of my movements.

Gymnastics Y5

Key Skills: Physical

- Straddle roll
- Forward roll
- Backward roll
- Counter balance
- Counter tension
- Bridge
- Shoulder stand
- Handstand
- Cartwheel
- Vault

Key Skills: S.E.T

- Social: Responsibility
- Social: Collaboration
- Social: Communication
- Social: Respect
- Emotional: Confidence
- Thinking: Observing and providing feedback
- Thinking: Selecting and applying actions
- Thinking: Evaluating and improving sequences



Skills I will develop:

- I can create and perform sequences using apparatus, individually and with a partner.
- I can lead a partner through short warm-up routines.
- I can use canon and synchronisation, and matching and mirroring when performing with a partner and a group and say how it affects the performance.
- I can use feedback provided to improve my work.
- I can use set criteria to make simple judgments about performances and suggest ways they could be improved.
- I can use strength and flexibility to improve the quality of a performance.
- I can work safely when learning a new skill to keep myself and others safe



Rolls

Develop control and fluency in the straight, barrel, forward, straddle and backward roll.

Jumps

Select a range of jumps to include in sequence work.

Shapes

Perform shapes consistently and fluently to a high standard, sometimes linked with other gymnastic actions.

Inverted movements

Explore progressions of a cartwheel.

Balances

Explore symmetrical and asymmetrical balances.

Key Vocabulary

Shapes: E.G. tuck, pike, straddle, dish, arch, star, front support, back support.

Pathway: Designs traced in space (on the floor or in the air).

Sequence: A number of actions linked together.

Body tension: Squeezing muscles to help stay strong when performing actions. Having good tension improves the quality of an action.

Inverted movement: An action where the hips go above the head such as a shoulder stand, bridge and cart wheel.

Canon: When performers complete the same physical actions one after another.

Synchronisation: When performers complete the same physical action at the same time.

