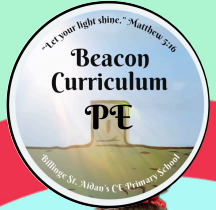


Year 5 - Gymnastics - HT1



Prior Learning: In Year four, children began to develop their travelling techniques. They continued to master rolls including the teddy bear roll and practiced these on their own, in pairs and in 4s. They developed their bunny hops onto various apparatus. They also learned new balances (matching and mirroring). They created sequences in pairs and transferred these skills onto a variety of apparatus.

Key Skills

Physical Me

- Jumps & Leaps



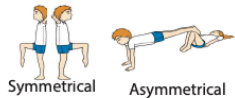
Scissor kick

- Rolls



T-Rolls

- Balances



Symmetrical

Asymmetrical

- Cartwheel



- Hurdle Step



- Squat on to apparatus



- Sequences - in small groups

- | | |
|---------------|-------------|
| Co-ordination | Strength |
| Agility | Flexibility |
| Power | Balance |
| Climbing | Speed |

Thinking Me

- Linking skills
- Evaluate
- Improve performance

Value Me

- Courage
- Motivating
- Respect

Social & emotional Me

- Collaborate
- Communication
- Mini Coach
- Compete

Gymnastic skills

Skills required for a gymnast are flexibility, core strength, balance, upper and lower-body strength, power, mental focus, discipline and dedication.



Inspirational Athlete

Simone Biles:

With a combined total of 32 Olympic and World Championship medals, Biles is tied as the most decorated gymnast of all time.



Key Vocabulary

Symmetrical

Asymmetrical

Tension

Scissor Kick

Cartwheel

Hurdle Step

Collaborate

Routine

Key Knowledge

Scissor Kick - Step and kick alternate legs, then land

T-Roll - Start in T-shape, roll over in tuck shape

Cartwheel - A cartwheel is a sideways rotary movement of the body. It is performed by bringing the hands to the floor one at a time while the body inverts

Hurdle Step - Jumping from one foot to two

Symmetrical - A body shape that is the same (mirror image) on both sides of the centre line.

Asymmetrical - A body shape that is different on both sides of the centre line

I can statements	✓	✗
Can perform complex shapes with control and some flexibility		
Perform more complex jumps, tuck, pike and a scissor kick		
Perform a T-roll		
Perform symmetrical and asymmetrical balances		
Perform a 'squat on and squat off' on various apparatus		
Link skills to create a sequence with Fluency. Co-operate, communicate and collaborate with others		
To perform a hurdle step on the floor/springboard		
Cartwheel on the floor using various apparatus		

Anything else you have learnt? What have you enjoyed?