

What I have already learnt in Y4

I can jump in a variety of ways and land with increasing control and balance.

I can perform more complex balances and hold a position whilst balancing on different points of the body and on different pieces of apparatus.

I can perform individual balances including candlestick, broken candlestick, the ankle hold, tripod and others.

I can work collaboratively to create their own balances with others.

To work collaboratively to create their own movement phases including cartwheels, round-offs, forward rolls, backward rolls, pencil roll etc.

To link movement phases together showing control, creativity, balance, posture, flexibility and strength.

Begin to reflect on your own performance showing perseverance.

What I will have learnt by the end of this unit (Y5)

Create complex and well- executed sequences that include a full range of movements including; travelling, balances, springing, flight, vaults, inversions, rotations, bending, stretching and twisting, gestures & linking skills.

Perform more complex balances including handstands, headstands, tripod, crab, wine glass etc.

Perform more complex jumps including rotation, straddle, pike etc.

Link movement phases including cartwheels, roundoffs, going into a crab from standing and rotating out without assistance.

Create more complex balances with a partner whilst showing control, safety, good posture, stability, strength and stillness.

To compare their performances in a range of activities and sports.

Begin to reflect on your own performance showing perseverance.

What I will have learnt by the end of my Key Stage

A polished gymnastic routine has been planned and practised.

I can perform a routine using a range of balancing, ways to travel with an emphasis on precision and stability.

I can plan and perform gymnastic sequences, using a wide range of movements and balances to create a polished routine.

Key Knowledge

Pike - The pike position is where your knees are together and straight and your body is bent at the waist.



pike

Tuck - It is a sitting position with both legs bent and the hips and at the knees.



tuck

Star - Both arms and legs reach out to the sides to create a star shape.



Subject Knowledge Organiser

PE- Gymnastics
Year 5

Key Vocabulary

Gymnastics

Exercises displaying or developing physical coordination.

Strength

The quality of being physically strong.

Balance

An equal amount of weight, making something remain upright and steady.

Control

To power to remain under control.

Travelling

The action of going from one place to another.

Feedback

Information about a person's task or performance, which is used as a basis for improvement.

Apparatus

The equipment needed for a certain activity (in this case Gymnastics)

Flexibility

The ability of a number of joints moving together in a pain free, unrestricted range of motions.

My Skills and Knowledge that I may use from other subjects

Reading: I can use phonic knowledge to decode unfamiliar words I see during the gymnastics sessions.

Maths: I can use my knowledge of numbers shapes and direction when performing moves or working in groups.



Recall and Remember

Perform in 5 moves in a sequence:

Forward roll
Star Jump
Three points of contact
Pike
Tuck

Wider opportunities Diversity and Cultural Capital

- Get involved in local Gymnastic groups around the area.
- Represent the school in Gymnastics with other primary schools in the local area when events become available.

Further reading

- *Nadia: The girl who couldn't keep still* written by Karlin Gary

Key Skills I will learn/use

Giving feedback - I will be able to comment on my own and others' work as a way of helping improvement.

Name - I can name the moves we have learnt in Gymnastics this term.

Key PE Concepts

Developing Balance

Basic Movement

Coordination

