

**Caroline Haslett Primary School - PE**

**Topic: Gymnastics**

**Year 5**

**Gymnastics**

**Knowledge**

- Understands symmetrical and asymmetrical movement and balances
- Knows how to adapt and transfer learned skills onto appropriate apparatus
- Is able to analyse a performance and say why they like a sequence

**Vocabulary**

- **Dismount** - the act of jumping off an apparatus like the uneven bars at the end of a routine
- **Landing** - the last part of a dismount when your feet hit the ground
- **Springboard** – a strong board used in gymnastics and diving that helps you jump higher than usual
- **Symmetrical Balance/Travelling** - equally shaped body parts on either side
- **Asymmetrical Balance/Travelling** - the two sides of the body shaped differently
- **Pike position** - bend at the hips. Legs straight out in front of you.
- **Stag leap** - a leap made with one leg bent and toes touching the knee of the other leg, which is straight.

**Activities**

- Plan, perform and evaluate matching and contrasting symmetrical and asymmetrical sequences side-by-side with a partner
- Explore between, over, under, along and through apparatus showing an awareness of others
- Develop longer and more varied movement sequences demonstrating smooth transitions between actions; combining actions to make a sequence

**Skills**

- Perform a range of rolls including backwards roll consistently
- Perform a range of actions and agilities with consistency, fluency and clarity of movement
- Make similar or contrasting shapes on the floor and apparatus, working with a partner ,combining actions and maintaining the quality of performance when performing at the same time as a partner

**Backwards roll**

