



PE Topic: Gymnastics

Year: 5 Term: Autumn 1

Key Knowledge/Content:

- To apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
- To enjoy communicating, collaborating and competing with each other.
- To develop flexibility, strength, technique, control and balance.
- To compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Links to:

Prior learning:

To perform actions, body shapes and balances.

Future learning:

To develop flight by adding a shape into the middle of their jump.

Key vocabulary with definition:

Prior vocabulary:

- Control – Ability to move with precision.
- Mirroring – Perform the mirror image of someone.
- Matching – To do the same as someone else.
- Accurately – To do something precisely.
- Evaluate – Decide how something went.
- Display – To show an audience something.
- Performance – A prepared show.
- Assessment – Look at how successful something is.
- Strength – The state of being strong.
- Joints – The join between two bones, e.g. knees.
- Rotation – Circular movement around a centre point.
- Spin – To turn around quickly.
- Landing – Final phase of a jump.

New vocabulary:

- Contrasting – Moves are used to create opposition.
- Refine – Improve a performance.
- Dynamics – How a gymnast moves: fast, slow, etc.
- Combination – Putting moves together.
- Flight – Travel over an area or piece of apparatus.
- Take-off – Leaving the floor in order to jump.
- Symmetry – One side of the body is a mirror image of the other.
- Asymmetry – A movement that is not symmetrical.
- Suppleness – The ability to bend and move easily.

By the end of this unit

All children can: choose shapes, balances and linking movements that they can include in a sequence.

Most children can: create sequences that meet set criteria.

Some children can: apply their own compositional ideas to the sequences they create.

Background understanding for teachers and parents:

This half term is Gymnastics, with a focus on sequences. The children will have the opportunity to work independently, in pairs and in small groups and to perform in front of an audience.

Curriculum Driver (one):

Communication

Evidence outcome:

To put forward their own ideas and listen to others and discuss and evaluate their own and others' performances using key vocabulary.