"Whatever you do, work at it with all your heart"

Colossians 3:23

Gymnastics

Year 5 - Autumn 1 & 2

Key Knowledge:

To know that:

Þ I need to keep my head tucked under chin and close to knees when doing a forward roll.

Þ Counter tension is pulling away from partner and counter tension is leaning towards partner.

Þ On platforms and springboard, I need to bend my knees to jump off and not fall or step off.

Þ The distance between partners can be varied throughout a sequence for effect.

Þ Cannon is a technique that can be used when working with a partner / group.

Þ A 1 foot to 2 foot jump should be used for a springboard take off.

Þ Balances can be performed individually, with a partner or as part of a group.

Þ There are different types of gymnastic jumps e.g. stag jump, tuck and pike jumps.

Þ Rolls can be combined with different start and end positions to create more fluent sequences.

Key Vocabulary:

Fluency - moving from one move to next without pausing or stops.

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

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

