



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

Colossians 3:23

## Gymnastics

Year 5 - Autumn 1 & 2

### Key Knowledge:

#### To know that:

- ▷ I need to keep my head tucked under chin and close to knees when doing a forward roll.
- ▷ Counter tension is pulling away from partner and counter tension is leaning towards partner.
- ▷ On platforms and springboard, I need to bend my knees to jump off and not fall or step off.
- ▷ The distance between partners can be varied throughout a sequence for effect.
- ▷ Cannon is a technique that can be used when working with a partner / group.
- ▷ A 1 foot to 2 foot jump should be used for a springboard take off.
- ▷ Balances can be performed individually, with a partner or as part of a group.
- ▷ There are different types of gymnastic jumps e.g. stag jump, tuck and pike jumps.
- ▷ 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.

