

### Prior Learning Needed

- Demonstrate control, strength, fluidity and flexibility.
- Rolling, travelling, balancing and jumping with precision.
- Combine movements to make new sequences.
- Adapting sequences based on own and partner abilities.

## PE - Gymnastics

### Year Group - 5



### Vocabulary

pencil roll, teddy bear roll, tucked roll, forward roll, backwards roll, cartwheel, round-off, snake, kangaroo, fox, rabbit, frog, crab, strength, control, balance, flexibility, safety

#### Underlying Vocabulary

warm up, cool down, control, purpose, determination, success, teamwork, collaboration, games, compete, rules, well-being, fitness

### Substantive Knowledge (Facts)

- To develop flexibility, strength, technique, control and balance.
- To compare their performances with previous ones and demonstrate improvement to achieve their personal best.

### Disciplinary Knowledge (Skills)

- Movements are accurate, clear and consistently controlled with improved balance, strength and flexibility.
- Rolling, travelling, balancing and jumping in specific movements with control and precision and changing speed and direction including a range of shapes.
- Mount, dismount and perform more complex movements on equipment safely with control and balance.
- Create more complex and extended sequences.
- Create linking movements, movement patterns and elements of stillness to express feelings or ideas that are suggested by the music using different speeds in the music.
- Work with a partner to create, repeat and improve a sequence with at least three phases.
- Make suggestions on how to improve my own performance and performances of others using correct gymnastics terminology.
- Actively participate in gymnastics and enjoy performing a range of movements, balances and new body shapes to create ever advancing routines and sequences.
- Help to encourage and inspire other children to participate, feel included and involved.

