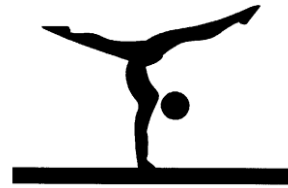




Key Vocabulary

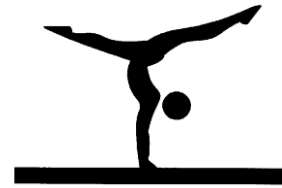
Travelling
 Shapes
 Balance
 Jumps
 Rolls
 Extension
 Tension
 Performance

Unison
 Cannon
 Flexibility



Gymnastics

PE UKS2



Physical wellbeing

I know the importance of warming up and cooling down.

I know safety principles when preparing for exercise.

I know the large muscle groups within the body.

Key knowledge and skills



Shapes and balances:

I know how to perform partner/counter balances and balances on apparatus.

Rolls:

I know how to perform a dive forward roll, backwards roll to shape and tucked backward roll

Jumps:

I know how to perform a cat leap, stag leap split leap, straddle and pike jump

Compete/perform:

I know how to link actions to create a complex sequence performed in time.

Evaluate:

I know how to evaluate my own and others work and suggest constructive improvements.

Links to other subjects:

Science (Year 5 Healthy living)



Links to prior learning:

Evaluating your own and others performance.

Next steps:

Choreograph a routine for others to perform.

Head



Understanding
 Analysis
 Feedback

Heart



Leadership
 Communication
 Resilience

Hands



Technique
 Problem solving