



Edenfield C of E Primary School		
PE	Year: 5	Gymnastics

What should I already know?
• Our school games values and how to demonstrate them • How to develop gymnastics skills with control and precision How to plan and perform actions and sequences • How to combine gymnastic skills to create a sequence for competition • How to extend the range of actions, balances, body shapes and agilities using more difficult combinations • How to work in pairs using matching and mirroring to plan and perform sequences

What will I know by the end of the unit?
• How to develop a wider range of actions
• How to use their skills and agilities individually and in sequence with a partner
• How to use their skills with the aim of showing as much control and precision as possible
• How to create longer sequences using their knowledge of compositional principles with a partner to perform paired balances for an audience
• How to perform with consistency, accuracy, confidence and control
• How to travel using hands and feet
• How to balance using counter balance
• How to jump and land with shape
• How to roll using basic rolls

Vocabulary			
Matching	Mirroring	Contrasting	Control
Arabesque	Balance	Counter balance	Push
Counter tension	Pull	In opposition	Points
Patches	Symmetrical	Asymmetrical	Shapes
Moves	Travel	Levels	Close to ground
Direction	Pathways	Crossing	Seamless
Transitions	Fluent	Routines	Canon
Unison	Coordinate	Tempo	Timing
Synchrony	Create	Communicate	Negotiate
Refine	Sequences	Flow	Dynamics
Pencil shape	Take weight	Support	Strong
Arches	Bridges	Opportunities	Leapfrog
Safely	Momentum	Sliding	Scrambling
Dynamic	Graceful	Aesthetic	Cat spring
Elevation	Flight	Cooperate	Collaborate
Evaluate	Constructive	Terminology	Perform
Audience	Compete	Challenge	Improve

