

Year 5: Gymnastics skills - Balance

Crucial Knowledge & Skills

To complete a warm up to prepare my body for movement.



To perform the following balances: V-sit or tuck hold, arabesque and candlestick balance using the floor and apparatus.

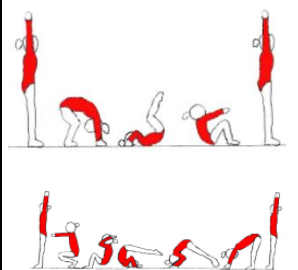


To perform a handstand

To perform a roll (forwards roll, tuck roll & log roll) into and out of a complex balance showing fluidity of movement.



To perform a gymnastics routine, combining 3 complex balances with rotational movements.



Key Concepts

To build, develop and demonstrate resilience

To be knowledgeable about the impact and importance of physical activity on their bodies, health and well-being

Other Key Vocabulary

A **complex** balance is a more challenging balance requiring the gymnast to show coordination, control and flexibility. Complex balances should show a stable starting position and a smooth transition into the balance – demonstrating control and a fluidity of movement.

A **roll** is a movement where the gymnast's body rotates along the floor or apparatus.

Alignment means stacking your body parts neatly like building blocks. When your wrists, elbows, shoulders, and hips are all lined up in a straight path, your body becomes lighter, stronger, and much easier to balance."

Fluidity is the ability to connect different movements, jumps, and balances smoothly together so the routine flows without any awkward pauses, stops, or fumbles.

Synchronicity is when two or more gymnasts perform their movements or balances at the exact same time and speed, looking like mirrors of each other.