

Year 5: Gymnastics skills - Travelling

Crucial Knowledge & Skills

I know that a dynamic warm up is important to prepare the body for movement, warming up my muscles



I can perform the following jumps landing safely and with control: straight, star, straddle, tuck, cat leap and a jump with a half turn.

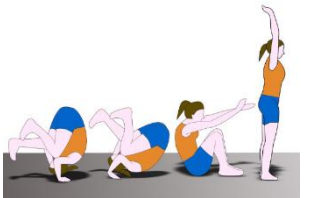


I can perform a controlled log roll and tuck roll showing control, alignment and fluidity.

I can explain the steps involved in mastering how to complete a forward roll.



I can use linking movements to transition from a jump to a roll and a roll to a jump.



I can work with a group and choreograph and perform a gymnastics routine linking 2/3 different jumps with 2/3 different rolls using the floor and apparatus.

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

Take off is the action of leaving the floor or apparatus to enter a phase of flight

Landing position is the safe, controlled ending to a jump or movement

Fluidity is defined as moving smoothly and continuously from one gymnastics action to another without pausing, stopping, or losing balance

Linking / transitional movements describe how the gymnast moves from one position or movement pattern to another smoothly.

Momentum is defined as the force or speed of movement. It is the "power" or "drive" that helps a gymnast smoothly move from one action to another

Rotate means moving the body or a body part in a circular motion around a central point, line, or axis.