PE Year 4/5

Topic- Gymnastics 1 & 2

What is this topic about?

Throughout this gymnastic unit, children will continue to use skills and agilities individually, in combination and in sequence, with the aim of showing as much control and precision as possible. Children will create longer sequences using their knowledge of compositional principles with a partner to perform paired balances for an audience.



I will show my PE skills by…

Travelling on feet and hands
Jumping and landing in different ways with shape
Rolling
Matching and mirroring partner balances
Counter balancing
Counter tension balancing
Transferring my gymnastics skills to the apparatus.

At the end of the Topic I will…

Learn, practise and demonstrate a gymnastics sequence with at least 8 parts.
Perform a matched and mirrored balance with a partner.
Perform in canon and unison with a partner.
Perform a counter balance and counter tension balance with a partner.
Have fluency between movements and good extensions.
Know that trust and passion is needed in gymnastics.



KEY VOCABULARY

Passion, trust, safety, balance, perform, sequence, improve, apparatus, counter balance, counter tension, match, mirror, fluency, control, extension, evaluate, success, transition, unison, canon