PE Year 5/6

Topic- Gymnastics 1 & 2

What is this topic about?

Throughout this gymnastic unit, children will use their knowledge of compositional principles to develop sequences that show an awareness of their audience. This includes how to use variations in speed, level and direction, how to combine and link actions and how to relate to other children in the group and apparatus. Children will plan and perform a sequence as a group, choosing their own apparatus and designing a simple layout.



I will show my PE skills by…

Travelling on feet and hands
Jumping and landing in different ways with shape
Rolling
Matching and mirroring group balances
Counter balancing in a group
Counter tension balancing in a group
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 9 parts.
Perform a matched and mirrored balance in a group.
Perform in canon and unison in a group.
Perform a counter balance and counter tension balance in a group.
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