

## **World's End Junior School Knowledge Organiser: Year 5 – Gymnastics**

In this gymnastics unit, children will focus on creating sequences including balances, counter balances, jumps and rolls. Some sequences will also be put to music so children will need to think about how best to make their sequence fit with the tempo of the music.

### **Key objectives:**

#### **Objectives to cover during unit of work:**

I can hold a balance for 5 seconds.

I can extend my fingers and toes to create straight lines.

I can perform combinations of balances using actions and agilities that show a clear change of speed, level and direction.

I can perform actions, shapes and balances almost clearly, consistently and fluently, with good body tension.

I can perform a range of jumps and rolls with accuracy and precision.

I can repeat accurately a longer sequence with more difficult actions, with an emphasis on extension, clear body shape and changes in direction.

I can add counter balances into a short routine.

I can adapt sequences to work with a small group.

I am increasingly able to use constructive criticism to improve my performance.

### **Key Questions:**

1. How can I change the speed within a performance?
2. How do I know which elements to include in a sequence?
3. When creating a routine to music, how do I ensure the sequence fits in with the music?
4. How can I perfect a sequence?
5. How do I know what to improve in a sequence?

### **Key Vocabulary:**

Balance

Apparatus

Levels

Sequence

Pointed toes

Pointed fingers

Straight arms and legs

2,3 and 4-point balance

Tuck jump

Pencil roll

Teddy bear roll

Forward roll

### **Health for life:**

At least 30 minutes of continuous movement to increase cardiovascular strength.

### **Strands included in this unit:**

Spirituality

Creativity

Health for life and well-being