

# World's End Junior School Knowledge Organiser

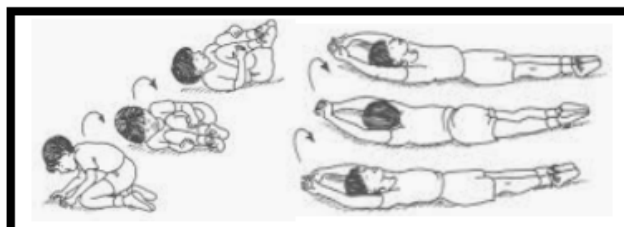
## Year 5 - Gymnastics

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.

Balances



Rolls



### Movement

- Perform actions, shapes and balances clearly and consistently.
- Repeat longer sequences with accuracy.
- Emphasise clear body shape and changes in direction.

### Leadership

- I can lead larger group activities by listening and responding, ensuring the team work together.

### Tactics and Strategies

- Use strategies to transition between balances and perform in unison.
- Use strategies to ensure the movement fits the tempo of the music.

### Healthy lifestyle

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

### Personal and Social

- Work with a team to adapt a sequence and ensure it works with the tempo of the music.
- Use constructive feedback to improve my performance and others.

### Physical Education Knowledge Categories

### Vocabulary

Gymnastics, balance, counterbalance stretch, levels, rolls, jumps, sequence, 4-point balance

## Vocabulary explained

**Balance:** to remain still in a set position for 3 seconds.

**Counterbalance:** to complete a balance with a partner.

**Stretch:** to extend the arms and legs when balancing and point fingers and toes.

**Pencil roll:** rotation of the body sideways when arms and legs are straight.

**Tuck roll:** rotation of the body sideways when arms and legs are tucked in.

**Forward roll:** rolling into a ball and moving forwards.

**Jumps:** a range of jumps creating different shapes with the body.

**Levels:** Height at which you are performing (e.g. Low - close to the ground, high – on tip toes).

**Sequences:** linking together multiple balances and rolls that can be repeated.

**4-point balances:** balance while having four parts of your body touching the floor.

**Tempo:** speed of the music.

## Professional Gymnastics

Elite gymnasts compete at the Olympics, Commonwealth Games, Worlds and European Championships.

Different types of gymnastics: Artistic, Rhythmic, Trampolining, Acrobatics, Aerobic, Parkour, Tumbling

British gymnasts  
Claudia Fragapane and  
Kristian Thomas

