

PRIOR LEARNING

- Use turns whilst travelling in a variety of ways.
- Begin to identify the difference between my performance & that of others.
- Link skills with control, coordination and fluency.
- Create sequences- on the floor and with apparatus- using various body shapes and pathways.
- Work with a partner to create, repeat and improve a sequence with at least three phases.
- Explore how to create controlled partner balances.
- Develop technique and flexibility through performances.



Year 5/6 - PE Gymnastics



Sporting Hero: Simone Biles

Simone Biles, an American gymnast who was born in 1997, has won an amazing 25 World Championship medals, and also won five Olympic medals (4 of them gold) in 2016, in the vault, floor exercise, balance beam, all-around and for leading the American team.



Key vocabulary

- Apparatus: Equipment such as benches, boxes and wall bars
- Canon: Where pupils perform the same movement one after the other
- Counter balance: A balance involving pupils pushing against each other or apparatus.
- Counter tension: A balance involving pupils pulling against each other or apparatus.
- Extension: Stretching or straightening a limb, pointing fingers and toes
- Flexibility: The ability to move a body joint through its full range of motion
- Flow: Smooth transition from one element to the next
- Matching: Actions performed together in time and space with a partner.
- Mirroring: Actions performed as a mirror image of those by a partner, usually side by side.
- Sequence: A series of skills performed one after the other
- Suppleness: see flexibility
- Unison: Where pupils perform the same movement at exactly the same time

Key Skills

Year 5

- Understand composition by performing more complex sequences combining action, balance and shape.
- Use counter balance and counter tension to develop sequences with a partner
- Have enough control to hold balances for at least 4 seconds
- Make balances interesting by varying levels, speed, body parts and apparatus.
- Describe how to refine, improve and modify performances.
- Analyse and comment on skills and techniques of others
- Apply these to improve their own work.

Year 6

- Plan and perform more complex sequences to specific timings.
- Perform difficult actions with an emphasis on extension, flow, clear body shape and changes in direction and level.
- Use matching and mirroring with a partner using control.
- Analyse and comment on others using subject specific vocabulary on skills and techniques
- Apply these skills and techniques to improve their own work.

Key Knowledge

