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| **The Woodlands Community Primary School** | | **Year 5/6** | **PE Autumn 1 2021** | | **Gymnastics** |
| **Key Vocabulary** | **Important Facts** | | | **Knowledge and Skills** | |
| Body movement – to move in controlled and rhythmical way, forming a shape.  Combination – one or more movements joined together.  Symmetrical shapes – creating shape which appears to be the same on both sides.  Routine – a combination of skills performed on one apparatus. | In gymnastics competitions, judges look for:   * different use of floor space * changes in the direction and level of movement * theatrics, dance elements, command of music * height and distance of jumping and tumbling manoeuvres.   The floor routine lasts no more than 90 seconds and must cover the entire floor area. | | | **Knowledge**   * I know how joints and sockets allow the body to be in different positions. * I know how to adapt a combination. * I know how to use my body to create a symmetrical shape by myself or with a partner.   **Skills**   * I can select a suitable routine to perform to different audiences, bearing in mind ***who*** the audience is. * I can transfer sequence onto suitably arranged apparatus & floor * I can perform 6-8 part floor sequences as individual, pair & small group. | |
| **Equipment** | **How does this link with previous learning?** | | | **Shapes** | |
| BodyMax 1.2m x 0.905m Deluxe Gym Mat - Shop Now - Powerhouse Fitness    Gymnastics Midi Balance Beam 2.4m | My Home Gymnastics mat  Balance beam | Practise and refine movements  Link a series of movements together  Evaluate own and others’ performances  Perform recognisable movements | | | The Basic Shapes in Gymnastics | |