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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.
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| **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 movementsLink a series of movements togetherEvaluate own and others’ performancesPerform recognisable movements | The Basic Shapes in Gymnastics |