


The Woodlands Community Primary School		Year 5/6	PE (indoors) Autumn 1 2022	Gymnastics
Key Vocabulary		Important Facts		Knowledge and Skills
Actions	A movement in gymnastics could be roll, jump, travel, spin or balance.	<p>Gymnastics is a sport that includes exercises requiring balance, strength, flexibility, agility, coordination, and endurance. The movements involved in gymnastics contribute to the development of the arms, legs, shoulders, back, chest, and abdominal muscle groups.</p> <p><u>In gymnastics competitions, judges look for:</u></p> <ul style="list-style-type: none">different use of floor spacechanges in the direction and level of movementtheatrics, dance elements, command of musicheight and distance of jumping and tumbling manoeuvres. <p>The floor routine lasts no more than 90 seconds and must cover the entire floor area.</p>		<p>Knowledge</p> <p>I know the importance of a warm up and cool down.</p> <p>I know that I can move my body to create different shapes.</p> <p>I know how to evaluate a performance</p>
Apparatus	Equipment used in gymnastics—benches, tables, beams, wall bars etc.			<p>Skills</p> <p>To perform a range of rotation movements.</p> <p>To create symmetrical and asymmetrical shapes.</p> <p>To support my own body weight.</p> <p>To perform a range of balances.</p>
Balance	To remain still in a set position for 3 seconds			
Extension	Straightening limbs and / or trunk			
Levels	Height at which you are performing e.g. low (close to the ground), high (on tip toes)			
Matching	Copying the same actions as your partner at the same time.			
Points	Parts of your body in contact with the floor or apparatus			
Roll	Rotation of the body (forwards / backwards / sideways)			
Sequence	Linking together multiple actions that can be repeated			
Spin	Keeping one body part in contact with the floor rotate about that point.			
Travel	Getting from point A to B using repeated movements.			
Shapes		How does this link with previous learning?		Famous Gymnasts
<p>The Basic Shapes in Gymnastics</p> 		<p>Perform recognisable movements</p> <p>Evaluate own and others' performances</p> <p>Link a series of movements together</p> <p>Practise and refine movements</p>		<p>Simone Biles</p> <p>The greatest female artistic gymnast of all time with 30 Olympic and World gymnastic medals. The American has created unique moves vault, beam and 2 different floor moves. She is only 23 (2020) ready to win even more medals.</p> <p>Max Whitlock</p> <p>British gymnast 5 time Olympic medallist. First Britain to win Gold at the Olympics which he did on the pommel horse and floor at the Rio Games in 2016.</p>