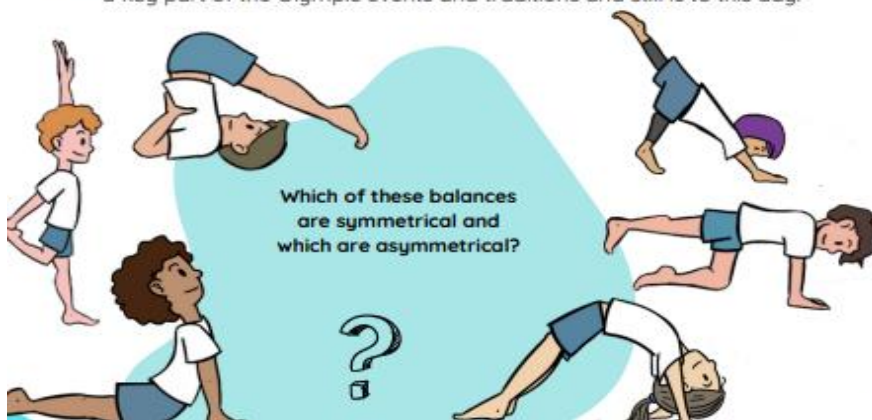


Knowledge Organiser - Gymnastics Year 5

Ladder Knowledge	Shapes:	Inverted movements:	Balances:	Rolls:	Jumps:
	Shapes underpin all other skills.	Sometimes you need to move slowly to gain control and other times you need to move quickly to build momentum.	Use contrasting balances to make your sequences look interesting.	Work within your own capabilities, this may be different to others.	Use jumps to link actions. Change the shape of your jumps to make your sequence look interesting.

About this Unit

Gymnastics began in ancient Greece as a way to exercise and develop physical strength. The Ancient Greeks practiced gymnastics as a way to prepare for war. In 1896, the first modern Olympics took place in Athens, Greece. Gymnastics was a key part of the Olympic events and traditions and still is to this day.



Key Vocabulary

asymmetrical: not equal on both sides

canon: when performers complete the same action one after the other

cartwheel: an inverted movement performed on hands and feet

decide: to choose

extension: moving a body part outwards or straight

identify: recognise

inverted: where hips go above head

matching: to perform the same action as someone else

mirroring: reflecting the movements of another person as if they are a reflection

momentum: the direction created by weight and power

observe: watch

pathways: designs traced in space (on the floor or in the air)

performance: the complete sequence of actions

quality: the standard of the skill

stable: to be balanced

symmetrical: two parts that match exactly

synchronisation: moving at the same time

transition: moving from one action or position to another

Key Skills and Knowledge

Competent learner: Demonstrate effective leadership. Demonstrate improvements to their work. Demonstrate originality, imagination and creativity in techniques, tactics and Choreography. Perform and link skills with control and consistency. Perform/complete fundamental sports skills with control.

Active & healthy learner: Clearly understand how personal fitness can improve performance. Demonstrate sustained levels of fitness. Remain active for sustained periods of time.

Reflective learner: Consistently improve their work. Describe and comment on their own and others' performance with accuracy of actions. Know what has made their performance effective.

Engaged learner: Compete respectfully and fairly following rules. Eagerly participate in every PE/Sport lesson displaying excellent sporting attitudes. Effectively communicate and collaborate with each other. Work independently for extended periods of time without the need for guidance

Disciplined Learner: Demonstrate self-discipline in all tasks. Show a positive attitude throughout the lesson. Be kind, respectful and considerate when working with others. Show support for their peers. Take responsibility for their own behaviour.