



PE Knowledge Organiser	
Year 5 Spring Term	Gymnastics



Key Knowledge and Skills:

How to work safely:

- Be sensible on the apparatus.
- Only one person at a time should use the apparatus.
- When jumping, land with your knees bent.

Body Tension:

- Having strong body tension in balances will ensure they are stable.

Dish rock



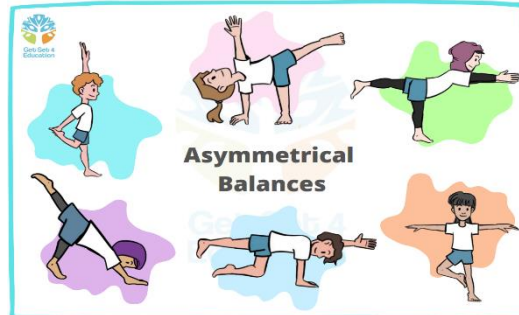
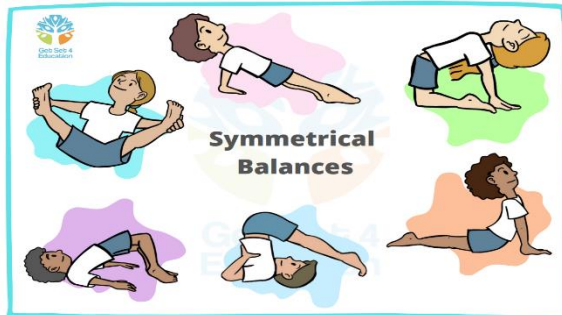
Leg lowers



Plank hold

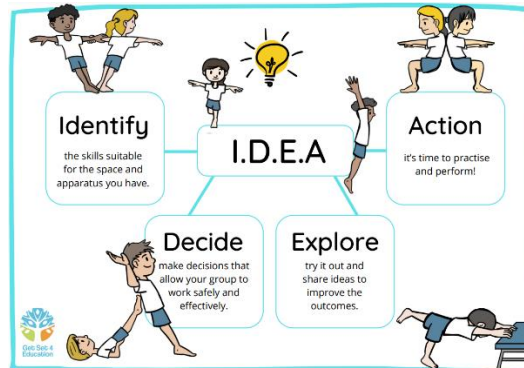


Symmetrical and Asymmetrical balances:



Creating sequences:

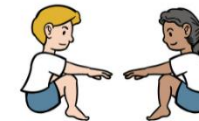
- Use different levels, pathways and directions.
- Use momentum in your rolls.
- Use a variety of shapes within your jumps.
- Taking the time to land each jump with control.
- Use a starting and finishing position.
- Hold each balance for 5 seconds.



Key Vocabulary:

Vocabulary:	Definition:
Symmetrical	Movements that are the same. Both hands and feet are performing the same motion.
Asymmetrical	Movements that are different. Both hands and feet are performing different motions.
Synchronisation	Performing at the same time, at the same speed.
Canon	Moving one after the other.
Straddle	Legs spread wide to each side.
Barrel	A sideways roll.
Inverted	A movement performed on your hands (e.g. a cartwheel).
Sequence	Several gymnastic movements performed one after the other.
Match	Performing the same action.
Mirror	Performing the same action, but the opposite way around.

Mirroring:



Matching:



Partner balances:

