



P.E.

**Gymnastics
(flight)**

Year 5

Autumn Term 2

Skills

- Partner or small group. 8 elements. *e.g. a combination of asymmetrical shapes and balances, with symmetrical rolling and jumping actions.*
- Include changes of direction and level, and incorporate mirroring or matching shapes or balances.

Key Knowledge

Adapt performance to the demands of a task, using their knowledge of composition.

Judge the strengths and weaknesses of performances and choose a focus for improvement. For example 'Control of the Body'.

Develop and maintain control in their own movements and evaluate others' groups sequence work.

Recall and show safe technique when carrying and placing equipment.

Sequence of Practical Experiences

explore a range of jumps and landings and to start to link skills in a short sequence both on and off the apparatus.

link jumps in a longer sequence both on the floor and on larger apparatus.

recognise contrasting moves in sequence building enhances a performance

combine movement with a partner and be able to adapt sequences to involve partner.

include changes of level, speed and direction into a sequence of movements with a partner.

perform accurately a sequence with a partner showing a clear start, middle and end. To be able to watch and describe the movements performed by others.

Statutory requirements

- develop flexibility, strength, technique, control and balance [e.g. through athletics and gymnastics]
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Prior Learning

- 6 elements. *e.g. four twisted shapes and two ways of travelling.*
- Teach your sequence to a partner, and then perform it so that both of you start and finish at the same time.

Key Vocabulary

Transition	Smoothly going from one movement to another
Explosive movement	The ability to produce maximum force in minimal time
Sustained	Continuing for an extended period or without interruption.
Posture	How the body is held and positioned using muscle and skeleton.
<ul style="list-style-type: none"> • Rotation, 90°, 180°, 270°, half turn, spinning, axis • Direction, slow, stop, still, • Strengthening muscles, increasing flexibility, postural muscles, joint mobility, suppleness. High impact, force, absorbing impact. • Inverted, contrasting, extension, flow, combinations, stretched. • Asymmetry, symmetry, display, matching, flight, feet apart, feet together, crouch, inclined. 	

Techniques

Travelling lines



Apparatus



Heads, Hearts, Hands

