



P.E.

**Gymnastics
(Bridge)**

Year 5

Spring Term 1

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

perform actions, shapes and balances clearly, consistently and fluently, with good body tension and extension

repeat accurately a longer sequence with more difficult actions, with an emphasis on extension, clear body shape and changes in direction

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adapt sequences to include a small group

watch and comment on the quality of movements, shapes and balances, and the way apparatus is used

identify which aspects were performed consistently, accurately, fluently and clearly and suggest improvements to speed, direction and level in the composition.

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

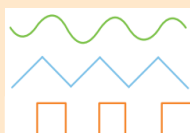
Sustained Continuing for an extended period or without interruption.

Posture How the body is held and positioned using muscle and skeleton.

- 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

