



Subject: PE Topic: Gymnastics Year Group: Year 5

What I should already know:

- To perform actions, body shapes and balances with control
- Plan, perform and repeat sequences including changes in speed, level and direction
- Show clear shapes (clarity) and quality in movements (extension and tension)
- Recognise criteria that can help improve performance
- Suggest ways to improve performance

Vocabulary:

Bridge, arch, curl, body parts, body shapes, wide, narrow, direction, level, points, patches, balance, hold, stillness, quality, control, extension, tension, travel, stretch, fluently, turn, roll, high, low, variety, support, smooth, continuous, sequence, compose, adapt, start/end positions, pathways, develop, transition, jump, matching, contrasting, cooperate, evaluate, improve, feedback.

What I will know by the end of the unit:

- To explore and link bridge shapes using a variety of rolls, jumps and travels
- To balance on different body parts and apparatus
- To sustain concentration and body tension throughout a sequence
- To compose and adapt sequences when working with a partner and using apparatus
- To perform sequences showing variety including changes in direction and level
- To evaluate and improve their own and others' performances considering quality and fluidity of movements/balances

Activities I can take part in to achieve my objectives:

- Independent exploration/teaching/practice of bridge shapes (front/back facing, number of points in contact with floor/apparatus, body tension, moving into/out of shapes fluently etc.)
- Teaching fluidity of movement e.g. roll to bridge to travel etc.
- Compose and adapt sequences to include apparatus/partner – practice/teaching how to etc.
- Develop sequences and build over time
- Evaluate and give suggestions for others to improve their performances and create variety for their audience e.g. changes in speed, direction, level, quality etc.