

Knowledge Organiser Physical Education Year 5 Spring

Show control and coordination - Gymnastics



St Elizabeth's Catholic Primary School
"Love one another as I have loved you"

Prior knowledge

- Plan and perform sequences with a partner with a change of level and shape
- Provide feedback using appropriate language
- Perform balances individually and with a partner
- Explain what happens to the body when exercising
- Perform rolls with control
- Control when landing rotation jumps
- Strength in bridge and shoulder stand

Physical skills developed in this topic

- Vault
- Cartwheel
- Headstand
- Forward / backward rolls

Knowledge and skills covered in this topic

- Create sequences using apparatus, individually and with a partner
- Lead a partner through a warm up
- Use canon, synchronisation, matching and mirroring when performing with a partner

Key words

Balance: Learning how to hold and control a position

Control: Using muscles to keep arms and legs still

Mat: Spongy mat to practise gymnastics on

Locomotion: Controlled movement

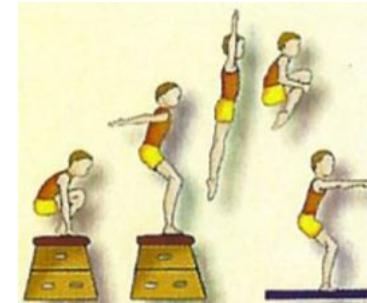
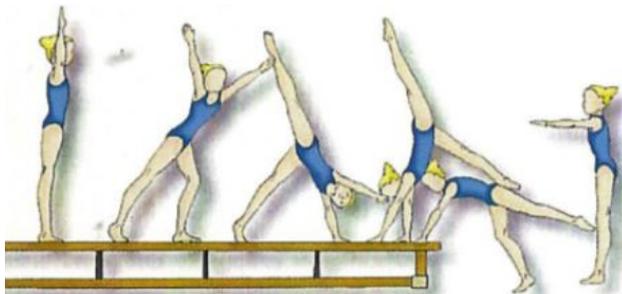
Apparatus: Equipment used to jump onto, jump off, climb on.

Straddle: Shape with legs apart

Routine: Sequence of shapes linked together, memorised and practised

Canon (delayed) and Synchronised (same time): Different way of coordinating moves with other children

Wall Bars: Equipment bolted to the wall that can be climbed or swung on



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