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| **Goonhavern Primary School** | | |
| **TOPIC: PE** | **YEAR: 5** | **STRAND: Gymnastics** |

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| **What should I know already?** | **What will I know by the end of the unit?** |
| -To confidently know and perform floor shapes such as crab, bridge, v-sit, shoulder stand, planche and frog balance  -To confidently know and perform a variety of rolls  -How to bring explosive moves into my floorwork through jumps and leaps  -Know how I can increase my flexibility gradually over time uses different stretches  -How to effectively perform in time with a partner and a group  -Know muscles groups needed to support the core of their body  -How to take weight on small and large body parts, for example hand and shoulder  -To use skills above and create sequences both on the floor and the apparatus | How to create longer and more complex sequences and adapt performances |
| How to take the lead in a group when preparing a sequence |
| How to develop symmetry individually, as a pair and in a small group using body parts |
| Compare performances and judge strengths and areas for improvement |
| Select a component for improvement. For example—timing or flow |
| Take responsibility in own warm up including remembering and repeating a variety of stretches |
| Use information given by others to improve performance |
| **School Values** | |
| **Five Ways to Wellbeing** | |

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| **Vocabulary** | |
| Floor Shapes | Shapes you create on the mat |
| Crab | Face up arching back up |
| Bridge | Face down arching back up |
| Teddy Bear Roll | Roll to the side |
| Forward Roll | Head first roll |
| V-sit | Straight legs and back creating a V shape |
| Shoulder Stand | Legs shoulder width apart |
| Planche | The body is held parallel to the ground, while being supported above the floor by straight arms. |
| Frog Balance | Crouching holding weight with only hands |
| Traversing | Going backwards |
| Vault | Gymnastic apparatus |
| Mount | Climb onto |
| Dismount | Climb off |
| Symmetry | A shape that can be split down the middle is a mirror image on both sides |

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| **Image/diagram that helps me to articulate my knowledge/understanding** | **Investigate!** |
|  | Create short sequences as a class, in groups and pairs  Give opportunity to watch others, copy routines and comment on techniques whilst giving peer feedback  Build up from floor shapes to creating these on apparatus building up confidence to get higher  Games to play:  <https://www.sportaus.gov.au/__data/assets/pdf_file/0012/704001/Team-alphabet.pdf>  <https://www.sportaus.gov.au/__data/assets/pdf_file/0006/703986/Shapes-in-space.pdf>  <https://www.sportaus.gov.au/__data/assets/pdf_file/0006/703986/Shapes-in-space.pdf> |