

Key Vocabulary	
Balance	The ability to move or to remain in a position without losing control or falling.
Body Awareness	Being in control of where and how the body is moving at any one time.
Canon	Structure of a sequence in which movements are performed by one person then another in turn.
Co-ordination	The ability to use different parts of the body together smoothly and efficiently.
Fluency	Being capable to move effortlessly and smooth with ease once mastered a skill/technique.
Pivot	Movement in which the gymnast rotates on the ball of one foot.
Routine	A combination of movements which are linked together creatively and performed to showcase the gymnast's abilities.
Sequence	A combination of two or more skills performed one after the other.
Travelling	Going or being transported from place to place.
Unison	When movements or skills are performed different gymnasts at the same time.

Year 5/6 - PE - Gymnastics

Sticky Knowledge/Skills

- Officially, there are 6 types of gymnastics: Artistic, Rhythmic, Trampoline, Power Tumbling, Acrobatics, and Aerobics, 3 of which are included in the Tokyo Olympics 2021. Different types and events of gymnastics require and different skills like balance, flexibility, strength, coordination, agility, and endurance.
- Basic skills required for the gymnast are flexibility, core strength, balance, upper and lower-body strength, power, mental focus, discipline, and dedication.
- A confident gymnast will make up longer sequences and perform them with fluency and clarity of movement, choosing the skills that meet the need of the situation.
- A gymnastic competition is called a meet. A meet usually takes place in a gymnasium, or gym. There are men's teams and women's teams. A gymnast competes both as a member of the team and as an individual. The series of movements that a gymnast performs is called a routine. Judges rate gymnastic routines. Above all, the judges look for excellent technique. But they also consider a routine's difficulty and artistic style.
- Don't forget to evaluate your performance. Gymnasts will identify which aspects of a performance were performed consistently, accurately, fluently and clearly; being able to provide constructive feedback.

Famous Gymnasts



Max Whitlock is a British artistic gymnast. He is a five-time Olympic medallist (all around, team, floor exercise and twice on pommel horse), winning two golds and three bronzes, and an eight-time world medallist on the same apparatus with three gold and five silvers. He became Britain's first ever gold medallist in artistic gymnastics when he won both the men's floor and pommel horse exercises at the 2016 Summer Olympics.



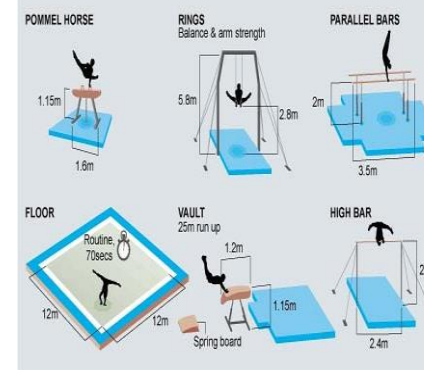
Beth Tweddle is the most successful British gymnast, male or female, in the history of the sport. She was the first female gymnast from Great Britain to win a medal at the European Championships, World Championships, and Olympic Games. Tweddle is a three-time Olympian. She is the 2012 Olympic bronze medallist on uneven bars.

Gymnastic events

Gymnastics is a sport that combines flexibility, endurance, strength and agility. Athletes perform acrobatic skills, such as jumps, flips and turns. Currently there are 3 types of gymnastics: rhythmic, artistic and trampoline. On the Olympic level, gymnastics teams are made up of six

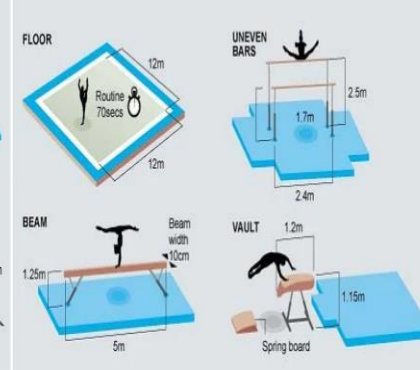
GYMNASTICS - MEN

The six distinct disciplines used in men's artistic gymnastics events at the Olympics.



GYMNASTICS - WOMEN

The four distinct disciplines used in women's artistic gymnastics events at the Olympics.



Gymnastics is thought to have began in ancient Greece about 2500 years ago where it was used in training to keep fit for sporting activities. In the Greek city of Athens, gymnastic tournaments were held, including tumbling, rope climbing, and other

