

## Year 5 Gymnastics Unit 2

### National Curriculum objectives

Develop flexibility, strength, technique, control and balance.

Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

### Key Learning

- Perform a range of routines with rolling; including jumping rolls, build into rolling from and into a pike position
- Perform both a stag jump and a split leap
- Progress from a cartwheel to a perform a round-off
- Perform Cat Springs
- Perform forwards and backward rolls with a range of entrances and exits
- Learning a headstand, transitioning into a forward roll and incorporating as part of a routine
- Vault safely with a range of entrances and exits and then into rolling, building up to various landings on and over a vault
- Plan a sequence of movements on apparatus both individually and as a group, in time with each other to form a routine

### Equipment

- Cones
- Crash mats/Gymnastic mats
- Soft rolling boxes
- Low and medium level boxes
- Vault/Vaulting horse
- 8 Bibs
- Class set of bean bags

### Key Vocabulary

**Aligned body:** Awareness of lining up the head, shoulders, spine, hips, knees and ankles, so not slumped.

**Apparatus:** Equipment needed to walk across, jump from, balance on e.g. gymnastic table.

**Balance:** A static (still) position which holds the body in a position.

**Bound:** To walk or run with leaping strides.

**Control:** Being able to use your body in a precise manner.

**Crash mat:** A deep/thick mattress designed to cushion your landing and avoid injury.

**Entrance & exit:** To start a performance, an entrance is how you mark the beginning and the exit is how to end your routine, e.g. 3 second balance.

**Extend:** The act of stretching or straightening out a flexed limb (arm or leg).

**Flight:** Being/travelling in the air.

**Fluidity:** How well balances and movements are linked together, i.e. do they flow as seamlessly as liquid?

**Headstand:** Standing on the head with support from the hands, legs steady in the air.

**Points of contact:** Small body parts to balance on, for example: feet, knees, elbows, hands.

**Rolling:** rotate in a tuck shape, e.g. **forwards roll** (forward direction) and **backwards roll** (backward direction).

**Rounded back:** The back of the gymnast's waist appears rounded

**Routine:** A series of movements and balances which are performed to others.

**Sequence:** A series of movements, linked together and performed to make a routine.

**Spring board:** A small platform on springs designed to propel a person onto another piece of apparatus.

**Squat:** Movement where you lower your hips from a standing position and then stands back up.

**Transition:** Moving from one thing to another, e.g. how to go from one balance to another.

**Vault:** To perform an acrobatic jump over a vaulting horse or a vaulting platform.

**Vaulting horse:** A large padded piece of apparatus with 4 legs, to be vaulted upon/over.

**Weight:** Understanding parts of your body which are heavier/lighter to help shift into a position.

### Key Questions

How can we vault safely?

How will cat springs help us with our gymnastic performance?

How can we support our partners when performing?

Why is it important to make contact with the mats in the order of shoulders, back, bottom?

### Safety

- Remove all jewellery including earrings
- Long hair must be tied back
- (safety) Mats used one between two or one per pupil
- Use correct techniques
- Complete a warm-up and cool-down