



PE Year Five/Six (Cycle B) - Gymnastics

Key Skills

To further develop flexibility, strength, technique, control and balance.

- Round off
- Side scale towards Y balance
- Backward roll straddle
- Full or ½ turn jump
- Handstand roll or two cartwheels consecutively
- Bridge, splits or ½ lever

To be able to link movements together in interesting ways using travelling, spins and leaps.

To be able to evaluate own and peers' performances and suggest improvements.

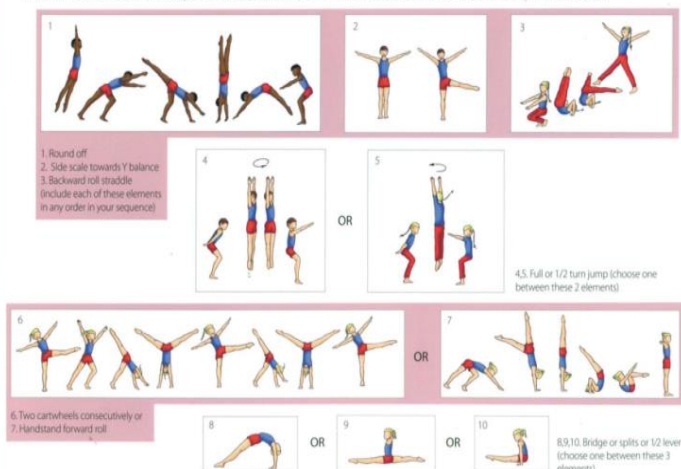
To self-select movements for a floor sequence and perform with precision.

Vocabulary

Straddle	A body position which the body faces forwards and the legs are spread far apart to the side, ideally to 180 degree split or more.
Consecutively	Perform a movement one after another, without interruption.
Vault	A vault is an apparatus that male and female gymnasts perform on.
Alignment	An arrangement in a line or in a special way.
Flight	Gymnasts are suspended completely in the air (without using their hands or any part of their body) whilst using a vault or beam.
Dynamic balance	Our ability to maintain balance while moving our body and walking.
Rotation	This is the name for the circular motion around an axis of the body.
Abdominal muscles	Anything abdominal relates to the midsection of the body, just below your chest and above your pelvis. Abdominal muscles are sometimes called 'abs' and they are muscles in your abdomen.

Step 3 - Floor Exercise (Upper Key Stage 2 - Years 5 & 6)

(Sequence performed on a rectangle of mats approximately 8 x 6 metres if possible) - PERFORM 6 SKILLS ONLY IN ANY ORDER



STEP THREE



Knowledge

Abdominal and pelvic muscles are used in every movement a gymnast does.

The **abdominal muscles** are called the **rectus abdominis**, **transversus abdominis**, **external oblique** and **internal oblique**.

Movement in gymnastics can be described within the following categories: **balance**, **rotation** and **flight**.

Headstand – Classed as a balance, but moving in and out of the headstand could also fall into the travel category.

Forward roll – primarily rotation but is also a travelling action that requires dynamic balance.

Leap – primarily flight that is also travelling and also requires balance.