



# PE - Knowledge Organiser

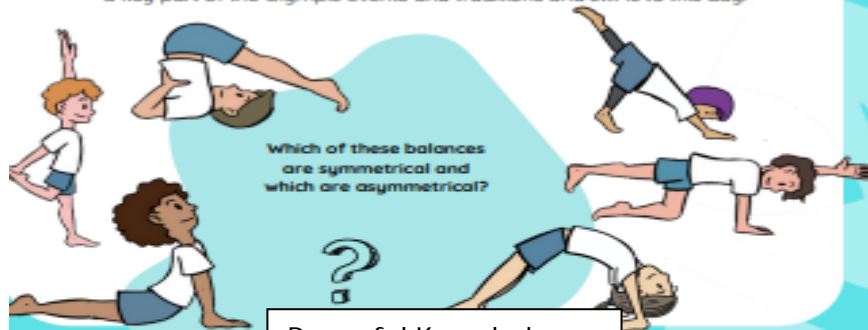
## Year 5 – Autumn 2 – Gymnastics



### Knowledge Organiser Gymnastics Year 5

#### About this Unit

Gymnastics began in ancient Greece as a way to exercise and develop physical strength. The Ancient Greeks practiced gymnastics as a way to prepare for war. In 1896, the first modern Olympics took place in Athens, Greece. Gymnastics was a key part of the Olympic events and traditions and still is to this day.



Which of these balances are symmetrical and which are asymmetrical?

#### Powerful Knowledge

- asymmetrical:** not equal on both sides
- canon:** when performers complete the same action one after the other
- cartwheel:** an inverted movement performed on hands and feet
- decide:** to choose
- extension:** moving a body part outwards or straight
- identify:** recognise
- inverted:** where hips go above head
- matching:** to perform the same action as someone else
- mirroring:** reflecting the movements of another person as if they are a reflection
- momentum:** the direction created by weight and power
- observe:** watch
- pathways:** designs traced in space (on the floor or in the air)
- performance:** the complete sequence of actions
- quality:** the standard of the skill
- stable:** to be balanced
- symmetrical:** two parts that match exactly
- synchronisation:** moving at the same time
- transition:** moving from one action or position to another



#### Ladder Knowledge



**Shapes:**  
Shapes underpin all other skills.

**Inverted movements:**  
Sometimes you need to move slowly to gain control and other times you need to move quickly to build momentum.

**Balances:**  
Use contrasting balances to make your sequences look interesting.

**Rolls:**  
Work within your own capabilities, this may be different to others.

**Jumps:**  
Use jumps to link actions. Change the shape of your jumps to make your sequence look interesting.

#### Movement Skills

- symmetrical and asymmetrical balances
- rotation jumps
- straight roll
- forward roll
- straddle roll
- backward roll
- cartwheel
- bridge
- shoulder stand

This unit will also help you to develop other important skills.

- Social** work safely, support others, collaboration
- Emotional** confidence, perseverance, resilience, determination
- Thinking** observe and provide feedback, creativity, reflection, select and apply actions, evaluate and improve sequences

#### Strategy

Use different pathways to help make your sequence look interesting.

#### Healthy Participation

- Remove shoes and socks.
- Ensure the space is clear before using it.
- Only jump from apparatus where you see a mat.

If you enjoy this unit why not see if there is a gymnastics club in your local area.



How will this unit help your body?  
balance, co-ordination, flexibility, strength

#### Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)



#### Limbo

**What you need:** a long stick or rope (maybe dressing gown ropes tied together), three people.

#### How to play:

- Two people hold either end of the stick or rope at chest height.
- Top tip: hold it in cupped hands so that it will fall easily when touched.
- Players take turns going under the stick without touching it. Each time they complete a round the stick gets lowered.

**Rules:** Only your feet can touch the floor.

**Top tip:** bend your knees and lean as far back as needed to travel under the stick.



[www.getset4education.co.uk](http://www.getset4education.co.uk)

Head to our youtube channel to watch the skills videos for this unit.



@getset4education136