# Class Lynher PE

Gymnastics – Movement

Autumn 2020

# Stag Jumps and Split Leaps





We had to use our core to control our mid-air and ending positions

## Forward and Backward Rolls



We used balance and strength to push ourselves forwards and backwards

## Squat through vault



We had to use our confidence when vaulting over the box and squat in the air instead of straddling – it took a few attempts!

### Handstands, Cartwheels and Round-offs

I now know why we start at handstands as this leads to cartwheels and then onto round offs



### Linking movements and performance



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#### FLE Y5/6

PE



**Gymnastics** 

#### **Forever Facts**

The Ancient Greeks prepared their young men for war by doing gymnastics!

Women weren't permitted to compete in gymnastic events until the 1920s

Gymnastics is a sport which involves doing exercises which need strength, flexibility, balance and control

In women's gymnastics, there are four activities: floor, uneven bars, balance beam, and vault. In men's gymnastics, there are six activities: floor exercise, parallel bars, high bar, pommel horse, vault, and rings.

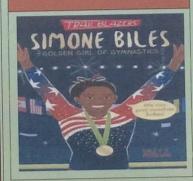
#### Skills

I can make good use of creativity and imagination

I can convey expression and emotion in gymnastics

I can create a gymnastic sequence

#### **Exciting Books**



### Our Endpoint

To be able choreograph a sequence of movements and preform to the class

### Subject Specific Vocabulary

Control	To perform a movement with strength and determination
Floor	A range of movements carried out at ground level
Vault	A leap performed over a form used to represent a horse
Stag jumps	An elegant jump using pointed toes and good height
Sequence	A range of movements linked together
Movement	The act of moving your body in a way to fit the purpose

**SMSC** : Spiritual – Explore creativity through producing Gymnastic routines. Cultural: Gaining an understanding of different sports and their foundations. Moral: following instructions and completing moves safely. Social – allowing children to respect social difference and similarities