

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



We put together all our movements to create a performance – even adding in some of our own moves



PE

FLE Y5/6

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