



PE	Year 5
Focus: Gymnastics	
Age related gymnastics vocabulary	

Symmetrical– the same on both sides, a mirror image	Extension– to lengthen a position or movement
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### Key Knowledge

dish shape- Hands and feet together off the mat. Squeeze abdominals (stomach muscles) and glutes (muscles in your bottom) to help lift

Pike position- body bent forward at the waist with the legs kept straight.

Straddle position– legs and arms apart

Safety of partner balances is key

Important to have good body tension when supporting/or being supported by a partner—this means tensing our muscles to keep our shape

Wrist grip:

Gives most support



Only balance on stable surface

Never jump off another person

Always bend your knees when landing a jump

Our stomach muscles are known as abdominals or 'abs' and they help to keep good posture

Landing should be as quiet as possible and we should always land on both feet

An inverted movement is an action where your hips go above your head

PE Y5– Gymnastics	Carlton Assessment Grid		
I can perform individual and partner balances– showing control when moving from one balance to another	Before	After	
I can demonstrate control in performing and landing rotation jumps– using strength and flexibility to improve the quality of my actions	Before	After	
I can develop the straight, barrel, forward and straddle roll	Before	After	
I can develop strength in inverted movements and increase my flexibility and extension	Before	After	
I can create and perform a complex partner sequence to include apparatus– incorporating taking my own weight and the weight of others	Before	After	