

# Gymnastics

## Key Vocabulary for Gymnastics

Inversion – performing upside down.  
Rotation – moving the body around its axis.  
Symmetrical – a balance where both sides of the body are the same.  
Asymmetrical – a balance where both side of the body are different.  
Aesthetics – a style of gymnastics defined by natural bodily movement, incorporating rhythmic movement.  
Canon – performing the same movement one after another.  
Synchronisation – performing a movement together.  
Core strength - strength provided by the abdominal and back muscles.

## Key Knowledge for Gymnastics

**Shapes:** understand that shapes underpin all other skills. **Inverted movements:** understand that sometimes I need to move slowly to gain control and other times I need to move quickly to build momentum.  
**Balances:** understand how to use contrasting balances to make my sequences look interesting.  
**Rolls:** understand that I need to work within my own capabilities and this may be different to others.  
**Jumps:** understand that I can use jumps to link actions and changing the shape of these will make my sequence look interesting.  
**Strategy:** know that if I use different pathways it will help to make my sequence look interesting.

## Key Skills for Gymnastics

**Shapes:** perform shapes consistently and fluently linked with other gymnastic actions.  
**Inverted movements:** explore progressions of a cartwheel.  
**Balances:** explore symmetrical and asymmetrical balances.  
**Rolls:** develop control in the straight, barrel, forward, straddle and backward roll.  
**Jumps:** select a range of jumps to include in sequence work.

## Pillars

**Motor Competence** - having a secure repertoire of fundamental movement skills and techniques that form increasingly complex movement patterns and sequences within domain-specific contexts.

**Rules, Strategies and Tactics** - having an increasingly complex tactical knowledge, knowledge of context-specific rules, conventions, regulations and strategies and knowing how to be successful across a range of activities and sports.

**Healthy Participation** - understanding and demonstrating how to safely prepare and participate in increasingly specific contexts, and the short-term and long-term impacts of sport and physical activity.

# PE Year 5: Autumn 1

## Key Questions

### Gymnastics

What is the difference between a symmetrical and asymmetrical balance?

Why is momentum important?

What is the impact of the use of canon and synchronisation?

How can a performance be improved?

What is matching and mirroring?

What are the health benefits of gymnastics?

### Athletics

How do we maintain a steady pace in long distance running?

How does stride length affect speed?

How do we use our body to generate power?

What three body parts need to be in line at the start of a throw?

What's the most effective javelin-throwing technique?

# Athletics

## Key Vocabulary for Athletics

Consistent – performing in the same way or manner.  
Flight – the motion of the body leaving the floor due to muscular exertion.  
Stride – moving with decisive steps in a specified direction.  
Bounding – moving at pace using large strides.  
Anaerobic – performing without intakes of breath.  
Technique – the execution or performance of a skill.  
Quadriceps – a group of four muscles found in the upper leg.  
Gastrocnemius - the largest muscle in the rear of the lower part of the leg also known as the calf.  
Fast twitch fibres - muscle fibres that create explosive power, used when sprinting.

## Key Knowledge for Athletics

**Running:** understand that taking big consistent strides will help to create a rhythm that allows me to run faster. Understand that keeping a steady breath will help me when running longer distances.

**Jumping:** know that if I drive my knees high and fast I can build power and therefore distance in my jumps.

**Throwing:** know how to transfer my weight in different throws to increase the distance.

**Rules:** understand and apply rules in a variety of events using official equipment.

## Key Skills for Athletics

**Running:** apply fluency and coordination when running for speed in relay changeovers. Effectively apply speeds appropriate for the event.

**Jumping:** explore technique and rhythm in the triple jump.

**Throwing:** Develop technique and power in javelin and shot put.