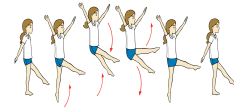


**Prior Learning:** In Year four, children began to develop their travelling techniques. They continued to master rolls including the teddy bear roll and practiced these on their own, in pairs and in 4s. They developed their bunny hops onto various apparatus. They also learned new balances (matching and mirroring). They created sequences in pairs and transferred these skills onto a variety of apparatus.

## Key Skills

### Physical Me

#### - Jumps & Leaps



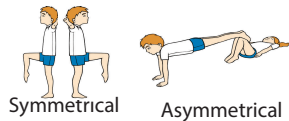
Scissor kick

#### - Rolls



T-Rolls

#### - Balances



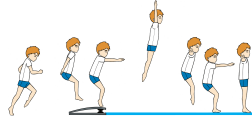
Symmetrical

Asymmetrical

#### - Cartwheel



#### - Hurdle Step



#### - Squat on to apparatus



#### - Sequences - in small groups

- |               |             |
|---------------|-------------|
| Co-ordination | Strength    |
| Agility       | Flexibility |
| Power         | Balance     |
| Climbing      | Speed       |

### Thinking Me

- Linking skills
- Evaluate
- Improve performance

### Value Me

- Courage
- Motivating
- Respect

### Social & emotional Me

- Collaborate
- Communication
- Mini Coach
- Compete

### Gymnastic skills

Skills required for a gymnast are flexibility, core strength, balance, upper and lower-body strength, power, mental focus, discipline and dedication.



### Inspirational Athlete

**Simone Biles:**  
With a combined total of 32 Olympic and World Championship medals, Biles is tied as the most decorated gymnast of all time.



### Key Vocabulary

Symmetrical

Asymmetrical

Tension

Scissor Kick

Cartwheel

Hurdle Step

Collaborate

Routine

## Key Knowledge

**Scissor Kick** - Step and kick alternate legs, then land

**T-Roll** - Start in T-shape, roll over in tuck shape

**Cartwheel** - A cartwheel is a sideways rotary movement of the body. It is performed by bringing the hands to the floor one at a time while the body inverts

**Hurdle Step** - Jumping from one foot to two

**Symmetrical** - A body shape that is the same (mirror image) on both sides of the centre line.

**Asymmetrical** - A body shape that is different on both sides of the centre line