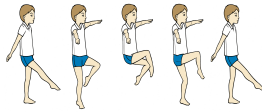


**Prior Learning:** In Year five, children began to develop new jumps (straddle & pike) and leaps (scissor kick). They learned new rolls (t-roll). They also learned new balances (asymmetrical and symmetrical). They began to develop cartwheels on various apparatus. They developed the hurdle step (which helps with vaulting). They also began to squat onto various apparatus using the hurdle step. They have created sequences in groups on various apparatus.

## Key Skills

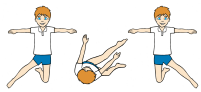
### Physical Me

#### - Jumps & Leaps



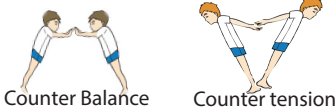
Cat Leap

#### - Rolls



Star roll

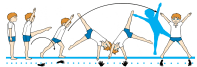
#### - Balances



Counter Balance

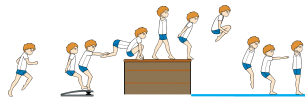
Counter tension

#### - Inverted skills



#### - Sequences - in small groups

#### - Vaulting



Squat on and squat through vaults

### Heathy Me:

- Know how to warm up my body.

### Thinking Me

- Linking skills
- Evaluate and improve performance

### Value Me

- Courage
- Motivating
- Self belief

### Social Me

- Collaborate
- Communication
- Mini Coach
- Compete

## GYMNASTICS



## Inspirational Athlete

Kohei Uchimura:

He is an artistic gymnast from Japan. He has won several medals at the Olympics and Artistic Gymnastics World Championships.



Similarly, Uchimura is considered to be one of the greatest gymnasts of all time.

## Key Knowledge

**Cat Leap** - Step, lift alternating knees in cycling action to land.

**Inverted skill** - An action where the hips go above the head e.g cartwheel, bridge, shoulder stand, teddy bear roll.

**Counter balance** - A balance performed by a pair of gymnasts who support each other's weight by pushing against one another.

**Counter tension** - Two or more gymnasts perform a balance whilst pulling away from each other or a piece of apparatus, where the weight is not even.

**Formation** - A group of gymnastics positioning themselves in an artistic way.

**Aesthetic appeal** - The performance of the gymnastic sequences should be beautiful to watch.

## Key Vocabulary

Inverted

Momentum

Counter balance

Counter tension

Rhythm

Formation

Aesthetic appeal

Precision

Synchronisation

Speed