



**PE**  
**Year 5**

# Gymnastics

What do we mean by flight in gymnastics? Can I explore a variety of jumps and start to use my jumping skills to create sequences of movement on the floor? Can I take off and land safely?

Can I consolidate an understanding of using jumps on the apparatus to form sequences in canon and unison?

Can I refine an understanding of using jumps on the apparatus to form sequences in canon and unison that include a change of level and direction?

Can I develop my application of jumping to include turns in my jumps to create a moment of flight?  
Can I use my jumping ideas to create sequences that now include turning jumps?

Can I continue to develop my application of jumping effectively by utilising the apparatus to create moments of flight?  
Can I use my jumping ideas to create sequences that will include jumps from height?

Can I work in small group to create my sequences, combining a variety of jumps performed on apparatus with changes in level, direction, canon and unison all incorporated into the sequence?  
Can I include balances in my sequences to complete my creation?

**Celebration/Evaluation**  
To perform my sequence in front of my peers.

**Key Vocabulary**  
Excellent Gymnastics, Interesting, Flow, Levels, Counter Balance, Counter Tension, Unison, Canon, Flight, Jump, Turn, Landing

**What to revisit?**  
Y 2— Jumping skills and control when jumping  
Y3 /4—Canon and unison movements, moving on apparatus  
Y4—Change of level and direction on apparatus