UKS2 - PE

Gymnastics - Knowledge Mat

Subject Specific Vocabulary

Complex Sequence	A sequence of skills with action, balance, jumps, shape, which shows change of level, speed, direction
Leap	A movement where take off is from one foot, which lands on one/two feet
Linking movement	A movement which joins one move to the next smoothly eg a simple step/hop etc
Evaluate	To review a skill/performance to develop and improve ability levels
Feedback	To motivate, challenge, direct and support on performance in relation to expectations
Counter tension balance	A paired balance with each partner supporting the others weight by pulling against each other
Counter balance	A paired balance with each partner supporting the others weight by pushing against each other

At the end of this topic I will be able to:

Develop flexibility, strength, technique, control and balance.

Crucial Connections

https://www.youtube.com/watch?v=_hvxefm0Qjk

https://www.youtube.com/watch?v=E-RBn2sYepI

Sticky Knowledge

I can make complex extended sequences, including an attempt at a linking movement or leap.

I can attempt a linking movement or leap in a controlled way.

I can combine action, balance and shape within a sequence.

I can perform to different audiences.

I can pick up on something that a partner does well and on something that can be improved

I can combine own work with that of others

I can perform sequences to specific timings or music.

I can work with a partner to perform a paired balance.





Aspirations

Gymnast/Olympian

Sports acrobat

Related Examples

Split Leap







Gadirova twins – (Jennifer,Jessica) Represented Great Britain in the 2020 Tokyo Olympic Games aged just 16 years old, winning a bronze medal in the team event, over four pieces of apparatus.

Louis Smith – (Retired) The first British male gymnastic to win a medal in an Olympic event since 1928. He received a medal in three consecutive games, inspiring others to follow in his footsteps.