PE

Gymnastics - UKS2

Key Vocabulary

develop	counter-balance
rhythm	core strength
technique	transfer skills
combine	extend
contrasting	identify
contact	variation

Key Knowledge and Skills

Children will Learn:

- To show a range of bridge shapes with back, front or side towards the floor or apparatus.
- To link jumps, turns and balances with travelling and rolling to create sequences.
- To understand the use of spatial relationships when working with a partner e.g. follow the leader, side by side, face to face, back-to-back
- To construct a sequence with a partner to show ways of passing over and under with change of direction, levels and shapes.
- To observe their peers and give constructive feedback on their performances.

Key Questions & Physical Wellbeing

- What makes a shape/balance look better?
- What elements improve a sequence?
- Can you observe a partner and explain to them how to improve their technique?
- Why is it important to stretch muscle groups before physical exercise?

Links to other Learning





Year 5	Year 6
• Bridges	• Matching and Mirroring
• Flight	• Synchronisation and Cannon
• Functional use of limbs	• Holes and Barriers

Equipment

- mats
- benches
- balance beam
- table-tops (small and high)
- A Frames (small and high)
- climbing apparatus-ropes, pole, ladders
- horizontal pole
- spring-board