



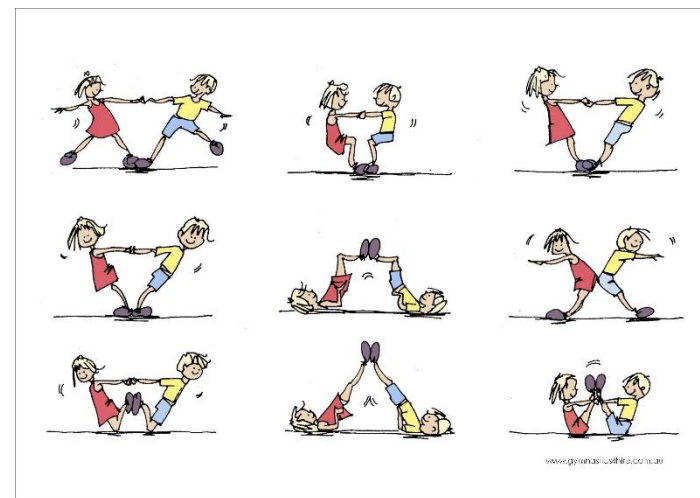
Year 5 Gymnastics unit 1

Key Vocabulary

Balance	Remaining upright and steady.
Sequence	A particular order.
Pattern	Repeated action.
Control	To determine an outcome.
Elements	Essential part of something.
Flexibility	Range of movement around a joint.
Symmetrical	Made of the exact same parts.
Asymmetrical	Parts that don't match.

Unit Focus

Create longer and more complex sequences and adapt performances
Take the lead in a group when preparing a sequence
Develop symmetry individually, as a pair and in a small group
Compare performances and judge strengths and areas for improvement
Select a component for improvement.
For example—timing or flow



6 hours

Lesson 1

Can I create a pattern using symmetrical and asymmetrical shapes?

Lesson 2

Can I Explore symmetry as applied to both balance and travel?

Lesson 3

Can I Explore symmetry as applied to both balance and travel?

Lesson 4

Can I introduce partner counter balances?

Lesson 5

Can I move in a sequence with a partner?

Lesson 6

Can I practice and refine movement?

English / Maths Links: