



Year 5

Gymnastics unit 2

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

Take responsibility for own warm-up including remembering and repeating a variety of stretches

Perform more complex actions, shapes and balances with consistency

Use information given by others to improve performance

Remember and repeat longer sequences with more difficult actions.

6 hours

Lesson 1

Can I create a 6 element sequence?

Lesson 2

Can I create a 3 asymmetrical balances with a partner?

Lesson 3

Can I practise, refine and perform over shoulder roll into a handstand?

Lesson 4

Can I give and receive feedback for sequence and work to improve?

Lesson 5

Can I choose an appropriate finishing position for the sequence?

Lesson 6

Can I perform a routine?

English / Maths Links: