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| **Lyng Primary School P.E Knowledge Organiser**  |
| **Topic: GYMNASTICS** | Year 5 | Spring 1 |





**Enquiry Questions**

* Can you perform a point balance, on your own, with a partner or in a group?
* Can you perform a jump straight away after performing a leap with a good landing?
* How do we perform a cartwheel?
* Can we organise ourselves into a formation?
* Can we combine jumps, leaps and balances when using equipment?
* How can we mount and dismount a benches safely?

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| **Key words** |
| **Spelling** | **Definition** |
| Teddy Bear Roll | Legs open slightly more than shoulder width apart, hold your hands under the back of your knees, and roll over facing 180 degrees from the original point. |
| Counter Balance | A counter balance is where a pair/group share each other’s weight when balancing.  |
| Full Turn Jump | A jump where we rotate the body 360 degrees.  |
| Formation | Where individuals should be stood when preparing to perform a sequence. |
| Dismount | When you are coming off equipment working at height. |
| Sequence | Being able to link everything learnt and perform a sequence to the group. |



 ***“Hard days are the best because that’s when champions are made.”***

**– Mav Levy**

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Learning Outcomes

* To be to perform individual, partner and group point balances when working with apparatus.
* To combine jumps and leaps together.
* To be able to perform a cartwheel with fluency.
* To be able to complete sequences with a good formation.
* To be able to perform jumps and leaps when using equipment.
* To be able to perform jumps when using a bench.

