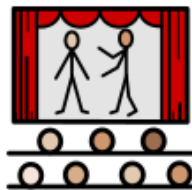




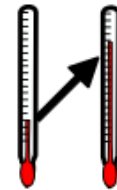
balance



dismount



perform



warm up



pulse



straddle  
stand



## Year 5 - Gymnastics



stretching



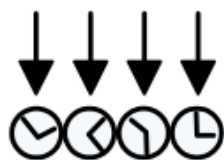
jump



endurance



leap



routine



transition

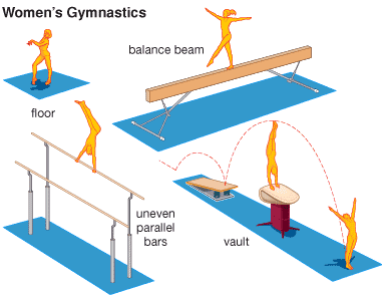



hand spring



walkover

# Y5 Physical Education: Gymnastics – Topic Vocabulary Mat

Subject Specific Vocabulary		Relevant Pictures and Information	Exciting Websites
<b>Warm- up</b>	Prepare for physical exertion or a performance by exercising or practising gently beforehand.	 <p>Women's Gymnastics</p> <p>balance beam</p> <p>floor</p> <p>uneven parallel bars</p> <p>vault</p>	<a href="https://www.lagad.co.uk/">https://www.lagad.co.uk/</a>
<b>Pulse</b>	The regular movement of blood through your body that is caused by the beating of your heart.		<b>Pioneers and Role Models</b>
<b>Stretching</b>	To straighten or extend one's body or a part of one's body to its full length.		 <p><b>Simone Biles is at the top in all disciplines of apparatus gymnastics. She won her first world championship title at the age of 16 in Antwerp and was already the most successful participant in gymnastics world championships of all time before the 2020 Olympics.</b></p>
<b>Endurance</b>	Your body's physical capability to sustain an exercise for an extended period.		
<b>Walkover</b>	To lunge forward and quickly raise one leg, with the other leg following as if transitioning to a handstand.		
<b>Hand spring</b>	A tumbling feat in which the body turns in a full circle from a standing position and lands first on the hands and then on the feet.	What I've Learnt Already	Key Knowledge
<b>Transition</b>	A movement from one exercise to another.	<b>Year 3:</b> <ul style="list-style-type: none"> <li>To be able to identify when their pulse has been raised and their body is ready for stretches.</li> <li>To be able to identify when their pulse has been raised and their body is ready for stretches.</li> <li>To know basic conditioning exercises to increase stretch and endurance.</li> <li>To know what conditioning exercises will improve specific parts of the body.</li> <li>To understand the importance of conditioning, stretch and endurance in gymnastics.</li> <li>To know how to safely land and finish skills.</li> <li>To know how to safely enter and exit group balances and what to do if the balance becomes unsafe.</li> </ul>	<ul style="list-style-type: none"> <li>To understand the importance of pulse raising and warm ups.</li> </ul>
<b>Routine</b>	A combination of skill elements on one apparatus or event.		<ul style="list-style-type: none"> <li>To be able to identify when their pulse has been raised and their body is ready for stretches.</li> </ul>
<b>Leap</b>	A take off from one leg and land on either one or two legs.		<ul style="list-style-type: none"> <li>To know a variety of stretches that will prepare their bodies for a gymnastics session.</li> </ul>
<b>Jump</b>	Using leg muscles to propel body upwards.		<ul style="list-style-type: none"> <li>To understand the importance of conditioning, stretch and endurance in gymnastics.</li> </ul>
<b>Straddle stand</b>	When the body passes over the apparatus in a sitting position with the legs spread wide to each side.		<ul style="list-style-type: none"> <li>To know the terms “progressions” and “preps” and why they are important in developing skills safely.</li> </ul>
<b>Round off</b>	A quarter turn on foot after a vault or jump.	Skills I am Developing	<ul style="list-style-type: none"> <li>To know a variety of preps for advance skills, such as walkovers and handsprings.</li> </ul>
<b>Through vaults</b>	A short jump with your legs going through your arms.	<ul style="list-style-type: none"> <li>Forward and backward roll variations including; forward roll to straddle stand, handstand forward roll.</li> <li>Cartwheels including; one handed, side to side, front to back, round off, linking cartwheels.</li> <li>Handstands including; handstand shaping, partner handstands, handstand turns.</li> <li>Leaps &amp; Spins; leap variations, transitional movements and spin variations.</li> <li>Squat and Straddle ons with dismount jumps.</li> <li>Through vaults, roll along vaults and round off dismount.</li> <li>Partner balances and group balances.</li> <li>Describe and identify particular skills or techniques and the effect they had on their own and others' performances.</li> </ul>	<ul style="list-style-type: none"> <li>To know what constitutes a good gymnastics routine; including different types of timing, transitions, different heights, and balances.</li> <li>To know how to safely enter and exit group balances and what to do if the balance becomes unsafe.</li> </ul>
<b>Dismount</b>	To leave an apparatus at the end of a routine		<ul style="list-style-type: none"> <li>To understand the differences between a leap and a jump.</li> </ul>