



Y5 PE Knowledge Organiser—Gymnastics



Key Knowledge

Learn these key facts

Twisted Shapes

{TWISTED TRIANGLE}

To set up the pose, keep both pelvic bones level, pointing straight down toward the floor and in line with your chest and neck. Then, rotate your torso toward your front foot.

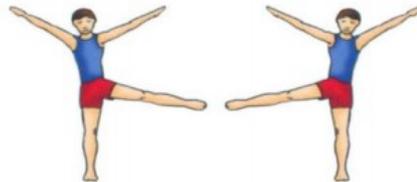
Your bottom wrist should be directly under your shoulders. If you can't touch the floor, place your hand on a block. (Overstretching could lead to a muscle strain.)



Matching



Mirroring



Teddy Bear Roll



Key Vocabulary

Understand these key words

Word

Definition

Twisting

Taking a normal balance position and twisting one part of the body

Matching

When two or more gymnasts perform the same movement in the same direction to match each other

Mirroring

When two gymnasts perform the same movement but in different directions to create a mirror image of each other.

Weight on hands

The beginnings of a handstand—taking weight on both hands.

Fluency

A well planned gymnastics routine will combine balances, linking movements and compositional ideas.

Transition

The links between different actions.

Swinging Gesture

One part of your body swinging—usually to gain momentum

L-Shape

A pathway with a right angles turn in it.

Flight

Shapes and positions made when you are in the air (jumping)

Use of Speed

Planning out when movements will be performed slowly or at speed to help use the different compositional ideas.

Gymnast Focus

Focus

Simone Biles

The greatest female artistic gymnast of all time with 30 Olympic and World gymnastic medals. The American has created unique moves vault, beam and 2 different floor moves. She is only 23 (2020) ready to win even more medals.



Max Whitlock

British gymnast 5 time Olympic medallist. First Britain to win Gold at the Olympics which he did on the pommel horse and floor at the Rio Games in 2016.

He has also won many World and European titles during his career.

