



P.E. Knowledge Organiser - Gymnastics (Year 5)



Key Vocabulary

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| 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. |
| 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) |

Key Knowledge

Twisted Shapes



Mirroring and Matching



Teddy Bear Roll



Gymnastics

Gymnastics is a sport that includes exercises requiring balance, strength, flexibility, agility, coordination, and endurance. The movements involved in gymnastics contribute to the development of the arms, legs, shoulders, back, chest, and abdominal muscle groups. Elite gymnasts compete at the Olympics, Commonwealth Games, Worlds and European Championships.

Different types of gymnastics:

- Artistic
- Rhythmic
- Trampoline
- Acrobatics
- Aerobic
- Parkour
- Tumbling