



Mossfield Primary School Knowledge Organiser

Year 5 – Summer 2



Gymnastics

During this unit of Gymnastics children will move using a variety of body parts and apparatus. Children will learn how to pull and push their bodies against apparatus to keep a balanced position and link movements to create sequences of rolls and jumps.

Key Learning

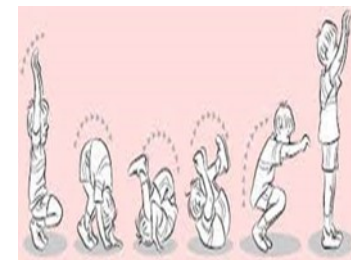
To understand that spinning occurs around a body part in contact with the floor and show a variety of shapes and speeds when spinning on different body parts.



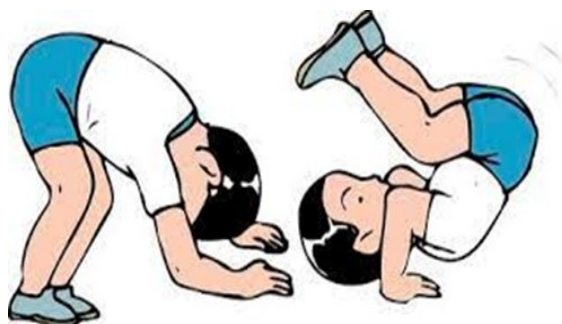
To identify and show a variety of rotations.



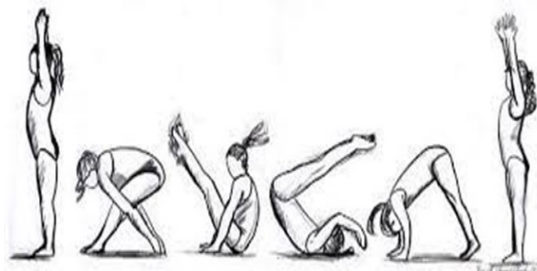
To know and understand that rotation around the side-to-side axis involves mostly rocking and forward and backward rolling.



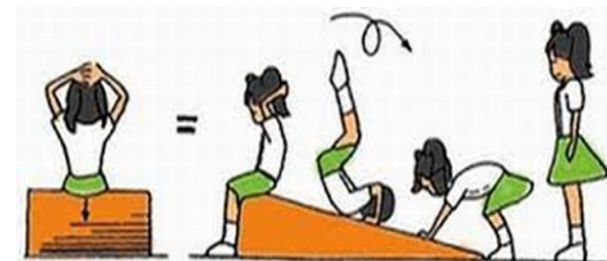
To understand and show turning around the front and back axis.



To select a spin and three rotations around different axes and link them with travelling and balance to form a sequence.



To adapt and transfer the skills, principles and sequences onto appropriate apparatus at every stage.



Key Vocabulary

apparatus	The technical equipment needed for a particular activity or purpose.
axis	An imaginary line about which a body rotates.
balance	Stay in a steady position so that it does not fall.
jump	Push oneself off a surface and into the air by using the muscles in one's legs and feet.
rock	To move back and forth in or as if in a cradle.
roll	Move in a particular direction by turning over and over on an axis.
rotation	The circular motion around an axis of the body.
spin	Turn or cause to turn or whirl round quickly.