



Mossfield Primary School Knowledge Organiser

Year 5 – Summer 1



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 know and show a range of travelling and jumping activities initiated by pushing and pulling.



To demonstrate pushing and/or pulling against the floor and pushing/pulling/gripping on or against apparatus to hold a balanced position.



To travel using swinging to - initiate the movement.



To identify and show various ways of gripping apparatus with hands and different body parts.



To link two jumps and three balances with travelling and rolling movements to create a sequence.



To transfer the knowledge, skills and understanding onto apparatus.



Key Vocabulary

apparatus	The technical equipment needed for a particular activity or purpose.
asymmetrical	Lack of symmetry.
balance	Stay in a steady position so that it does not fall.
curl	Form or cause to form into a curved or spiral shape.
grip	Take and keep a firm hold of.
pull	Exert force on something so as to cause movement towards oneself.
push	An act of pushing something in order to move them away from oneself.
roll	Move in a particular direction by turning over and over on an axis.
sequence	A particular order in which related things follow each other.
symmetrical	One half is the mirror image of the other half.