



# Mossfield Primary School Knowledge Organiser

## Year 5 – Spring 1

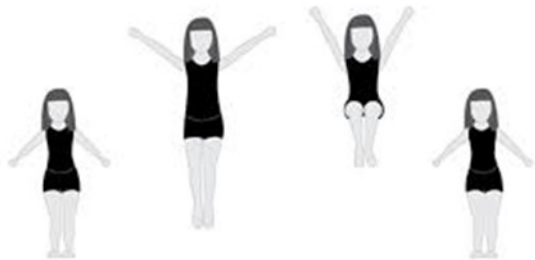


### Gymnastics

During this unit of Gymnastics children will learn how to safely jump using different landings and body parts for landing. Children will create contrasting body shapes and use both the floor and apparatus safely.

## Key Learning

To identify and show the five basic jumps



To understand how to take off and land safely in different directions and join together three different jumps



To spring from feet to hands and back to feet again.



To join together with a partner in a controlled manner a jump and roll to show contrasting body shapes



To compose a sequence showing two different jumps, landings and rolls, and one action of flight taking weight from feet to hands to feet.



To transfer all these skills and principles to suitable apparatus with safe and adequate landing areas.



# Key Vocabulary

<b>apparatus</b>	The technical equipment needed for a particular activity or purpose.
<b>hop jump</b>	When a person hops when they jump upward on one foot or make a series of jumps on one foot.
<b>land</b>	Come down through the air and rest on the ground or another surface.
<b>roll</b>	Move in a particular direction by turning over and over on an axis
<b>sequence</b>	A particular order in which related things follow each other.
<b>scissor jump</b>	Stand with straight legs, with one foot in front of you and the other behind you, and then you jump and land with your feet in the opposite positions.
<b>spring</b>	Move or jump suddenly or rapidly upwards or forwards
<b>trot</b>	Run at a moderate pace with short steps.