



Year 5 – Autumn 1

Gymnastics

Children will learn how to create shapes with their bodies to create a variety of high and low level bridges. Children will explore a range of apparatus and understand how to sequence movements.

Key Learning

To balance using different parts of the body to create bridge shapes.



bridge

To understand and demonstrate a variety of low and high level bridges incorporating rolling.



To travel around the room using a variety of bridge shapes.



To understand how to sequence movements to show smooth transitions between bridge shapes.



To work cooperatively to create a sequence of movements of bridge shapes.



To use apparatus to create a sequence of movements with a partner.



Key Vocabulary

apparatus	The technical equipment needed for a particular activity or purpose.
balance	Stay in a steady position so that it does not fall.
bridges	The balancing of the body on the hands and the feet
cooperatively	Working in a way that involves mutual assistance in working towards a common goal.
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.