

Knowledge Organiser: Year 5 Gymnastics Unit 2



Prior Learning:

Create longer and more complex sequences and adapt performances. Take the lead in a group. Develop symmetry. Compare performances and judge strengths and areas for improvement. Select a component for improvement.

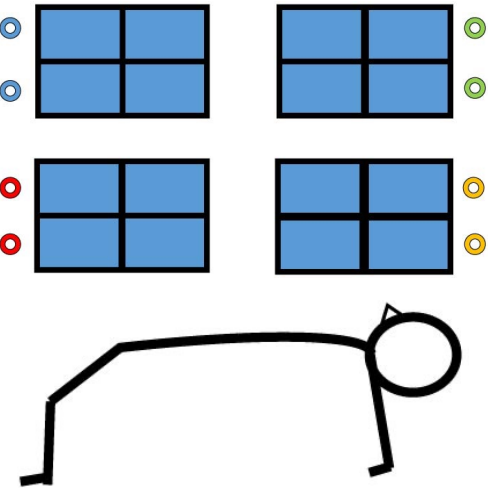
Unit Focus: Take responsibility for own warm-up. Perform more complex actions, shapes and balances with consistency. Use information given by others to improve performance. Remember and repeat longer sequences with more difficult actions.

Head: Explain the significance of a warm-up and how it relates to gymnastics activity.

Hand: Work within/on set pathways.

Heart: Lead others in a warmup with confidence in own preparation.

Equipment needed: Mats, bench, low box top, throw down markers, chalk.



Key Vocabulary/Skills	
Pathways.	Speed, partner, asymmetrical, elements, control, balance, strength, bridge, warmup, injury, core temperature.
Linking cartwheels.	
Linking rounds offs.	
Devising warm-ups.	
Combining actions.	

Key Questions:

1. Describe an asymmetrical balance you saw in someone else work
2. Why is it important to warm-up before performing specific actions?
3. What are some of the things you must do when linking two cartwheels together?

Concepts:

Warmups prevent injury by increasing the body's core temperature. Warm muscles increases reflexes. A good warm up should also increase range of motion and prepare the mind for activity. Warm up increases in importance as we age.

