

# PHYSICAL EDUCATION KNOWLEDGE ORGANISER

## Year 5 Gymnastics activities – Shapes

### I will learn...

#### HANDS



to show I understand where my centre of gravity is when holding a balanced shape and adjust body parts accordingly.  
to practise more advanced ways to jump, roll & turn out of individual shapes and also partner shapes in unison.  
how to perform sequences on my own and with a partner & develop ability to adapt sequences to fit new challenges / focus.  
to practise using an i-Pad to capture still images of shapes and moving images of actions performed to get into and out of shapes.

#### HEAD



to plan & improve sequences on own / with a partner.  
to plan how to combine equipment with travel actions to create sequences that are more effective.  
how to experiment with using video capture to observe, describe & improve actions.  
to consider using unison, cannon & mirroring in a sequence with a partner.

#### HEART

to show what it means to be safe and follow all instructions.  
to carry and move apparatus correctly and safely with others.  
to work on own and with a partner safely whilst sharing space & apparatus.  
to compare their own performance to previous efforts & also to those of others.  
to take on the challenge of more advanced & new skills & activities.  
how to lead part of a warm up.  
why exercise is good for my health and well-being.  
to explain reasons for changes in the body at different points throughout a warm up / activity.

**Key questions:** What is balance? How do we make shapes look as good as possible? What gymnastics actions can you perform to link shapes? What can you do to get out of shapes to land on floor? How can you travel over and along apparatus? Why do we use i-pads in gymnastics? How do you capture performance properly?

#### Key vocabulary:

**Extension** – stretching out and straightening of body parts, usually limbs.

**Link smoothly** – Shapes are joined to travel actions with fluidity so the shape transfers into the moving action with pause.

**Chassé step** – A forward travel action where a gymnast points one foot out in front of themselves, steps on it, jumps slightly forwards to put feet together, landing on the back foot and steps forward on front foot again.

**Straddle over** – A vault over a piece of apparatus where hands are both placed briefly together on apparatus and body travels over with legs straight in straddle shape, 90° apart, parallel to floor. Gymnast pushes hands off apparatus as body passes over to land on floor on 2 feet.

**Squat through** – A vault over a piece of apparatus where hands are both placed apart briefly on apparatus and body travels over with legs bent and drawn up into chest, so legs pass between arms as body passes over the apparatus. Gymnast pushes hands off apparatus as body passes over to land on floor on 2 feet.

**Control** – Actions can be started and stopped, shapes can be held still and directions travelled in can be changed efficiently.

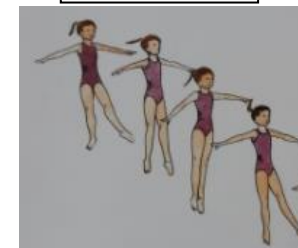
**Quality** – Performing actions and shapes at the best possible standard that a gymnast is capable of.

**Observe** – Watch other gymnasts perform skills or a sequence to identify strengths and weaknesses.

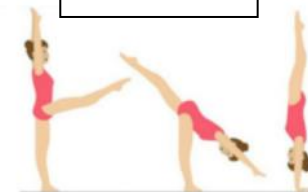
**Evaluate** – Receive or give feedback to self / others that makes a judgement on the strengths and weaknesses of a performance.

**Improve** – Use judgements to make execution of skills or the performance of a sequence better.

#### Chassé step



#### Extension



#### Straddle over



#### Squat through

