


PHYSICAL EDUCATION KNOWLEDGE ORGANISER

Year 5 Gymnastics activities – Flight (linking basic jumps)

I will learn...

HANDS

ways to execute 5 basic jumps (1-1 leap, 1-1 hop, 2-2, 2-1, 1-2) on floor and off apparatus.
 how to improve turning, tuck, straddle, straight, star & pike jumps.
 how to perform wolf, split & sissone jumps.
 different ways to travel from 2 feet to 2 feet (rolls, limbers, walkovers, jumps).
 different ways to link 2 different jumps with a travel action whilst on floor and with an action that travels over/along apparatus.
 to adapt sequences to fit new challenges / focus 

HEAD

to improve sequences on own & think about how to alter it to fit new challenges.
 to plan combining apparatus with travel actions to create effective sequences..
 to understand how to perform a new given skill.

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 my own performance to previous efforts & also to that 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 are the 5 basic jumps? Which jumps are easy / more difficult? Why? What do you have to do with your body to link jumps and actions well? How can you travel over the apparatus?

Key vocabulary:

Straddle jump – A jump where straight legs are opened to about 90° and are parallel to the floor. Feet are together on landing.

Pike jump – A jump where straight legs are lifted to horizontal with feet together. Arms are outstretched straight, parallel to legs.

Wolf jump – A jump like a pike jump, but one leg is bent and foot of bent leg is in contact with body. Knees are together.

Split jump – A jump where a split shape is shown in the air, with legs parallel to the floor, with one leg is stretched out straight in front of body and the other leg behind body.

Sissone jump – A jump that is like a split jump in the air, but the split is tilted forwards diagonally so that the front leg is lower than the back leg and is landed on one foot instead of two.

Forward walkover – An acrobatic move where the gymnast goes upside down onto hands into a split handstand, but does not stop and continues over onto the leading foot so is briefly in a bridge shape on one foot. When the behind foot reaches the floor too, the gymnast returns to a standing upright position.

Backward walkover – An acrobatic move where the gymnast goes from standing and bends backwards until hands are on floor and legs are in a split handstand. The move does not stop and the legs continue over backwards with lead foot touching the floor first, then the trailing leg, at which point the gymnast returns to a standing position.

Limber – An acrobatic move where a gymnast goes forwards or backwards to place hands onto floor and lifts legs together into a handstand, with feet continuing over to be placed on floor together at the same time. At this point, the gymnast returns to a standing position.



Star jump



Pike jump



Straddle jump



Wolf jump



Tuck jump



Split jump



Pencil jump