



Year 5 - Autumn - PE Knowledge Organiser

What I already know...

- To hold a body position with control for at least five seconds whilst pointing my fingers and toes.
- To put actions together to create a short sequence.
- How to complete rolls and shapes safely on a mat.

Key Vocabulary

Balance	The ability to hold your body upright and steady without falling down.
Roll	A complete rotation of the body.
Sequence	A combination of two or more skills performed one after the other.
Fluency	Actions performed smoothly with neat transitions between movements or sections in a sequence.
Tension	To hold your body tightly to easily control your actions.

What I will learn...

Gymnastics

- To know how to safely perform moves on a mat and on apparatus.
- To know the five basics gymnastics shapes.
- To know the technique, shapes and progressions for the Teddy, Egg and Forward and Backward Rolls.
- To know how to link moves together with fluidity and good body tension.
- To understand the different ways to perform a balance and how to use their points and patches to perform a variety of different balances.
- To understand the correct techniques for jumping and landing safely.
- To understand what a sequence is and how to create and perform one whilst working with a partner or within a small group.



Making a difference at The Merton

The children will combine their knowledge of how to safely complete a variety of balances, rolls and shapes to learn how to perform and evaluate a performance in gymnastics. This will encourage children to look for confidence in their own performance and to recognise success. PE will also be used as opportunity to discuss the importance and relevance of exercise in promoting good physical and mental health.

Making a difference at home

- You could join one of many gymnastics clubs outside of school. There is even an opportunity in school to join the gymnastics after school club to develop your skills!
- Be inspired by some of the incredible, world and Olympic champions we've had in the UK including: Max Whitlock, Beth Tweddle, Joe Fraser, Ellie Downie, Rebecca Downie, Claudia Fragapane and the women's artistic gymnastics team.