



# Physical Education GYMNASTICS

Y5

## Unit Focus:

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.

## Prior Learning:

- Have become more confident to perform skills consistently.
- Can work to improve sequences and individual actions.
- Can work in groups and aim to perform sequences in time with others.
- Can make changes to sequences using compositional ideas.

## Concepts:

- A counterbalance is created when one weight balances another.
- The counterbalance allows a person to stay balanced even when their centre of gravity moves.
- With a partner, counterbalance can be created by pulling/holding or pushing.



Selects a component for improvement and use guidance from others.



Attempt to perform more complex skills in isolation such as round-off.

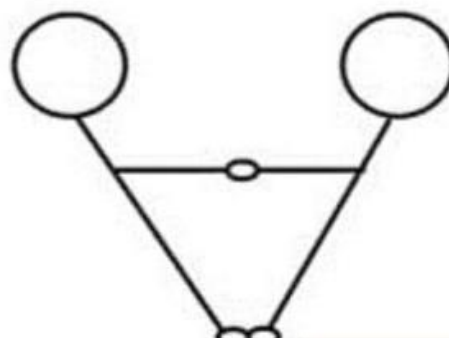


Work responsibly in trust exercises and when counterbalancing.

## Key Vocabulary/Skills:

|                    |                                                                                                                                 |
|--------------------|---------------------------------------------------------------------------------------------------------------------------------|
| Round off.         | Symmetry, asymmetry, sequences, combinations, direction, speed, partner, asymmetrical, symmetrical, aesthetics, counterbalance. |
| Explore symmetry.  |                                                                                                                                 |
| Explore asymmetry. |                                                                                                                                 |
| Counterbalances.   |                                                                                                                                 |
| Performing.        |                                                                                                                                 |

## Symmetrical counterbalance



## Inspiring Individuals



Nadia Elena Comăneci  
(1961 – present)



Vitaly Schrebko  
(1972 – present)

## Equipment

Mats, hoops, cones, wall bars, bean bags, low apparatus, action cards, tabletops.

## Key Questions

1. What makes a performance aesthetically pleasing?
2. How can you be a good partner in counterbalances?
3. Why do you need good communication with a partner or group?