

Things I should be able to talk about

- Consolidate and improve the **quality, range and consistency** of your physical techniques—passing, receiving and tagging.
- Choose and use simple tactics and strategies in different situations.
- To know the long-term effects of exercise on the body
- To measure the long-term effects of exercise on the body
- Describe how the body reacts to different types of activity
- Describe and evaluate the effectiveness of performances

Year 5 & 6 Gymnastics

Vocab

- **Contrasting**— being completely different.
- **Evaluate**— to assess a movement.
- **Joints**— where two parts of a skeleton meets.
- **Posture**— the way someone holds their body when sitting or



Julissa Gomez

Died 1991 aged 18

She died after a gymnastics move went wrong that she had been performing for 3 years.

New knowledge and skills

Identify which joints are moving when changing shapes	To choose contrasting actions for effect	To evaluate shapes and movements	To comment on safety and quality	To demonstrate good posture for movements
Link to Science and understand how to keep safe and the effect of movement on the joints.	Use the basic movements from Key Stage 1 to create exciting and interesting Sequences, including levels, movements etc.	To pass an opinion on a performance. To feedback constructively about a performance.	Know how to be safe using equipment. Know how to be safe using their body with understanding that they have to perform movements properly to	Shoulders back, back straight, elongated arms and legs.

