

National Statutory Requirements

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Series of Lessons

- Skip for a sustained period of time.
- Demonstrate mirror, match and canon techniques.
- Demonstrate mirror, match and canon techniques using small apparatus.
- Understand counterbalance and countertension and be able to show examples of these.
- Create a partner sequence, using mirror, match, canon, counter-balance and counter-tension.
- Rehearse and refine our sequence.
- Rehearse, perform and evaluate our sequences.

PE



Creative (Gymnastics)

Year 5

Unit Outcome

Perform a collaborative gymnastic sequence to an audience.

Curriculum Progression

Children will be taught:

- Recap balances, basic shapes and change mechanisms
- Mirror, match and canon
- Counter-balance and counter-tension

The above skills will be developed through the use of partner work and application to both large apparatus and hand apparatus (e.g. ribbons, balls and hoops). The children will then combine these skills by creating and performing a short sequence. All children will be given to opportunity to perform both individually and as part of a group. All children will be given the opportunity to self and peer evaluate performances, developing their key vocabulary whilst doing so.

Vocabulary

Pathway (e.g. zigzag, curve, straight)	Mirror
Mirror	Match
Match	Canon
Canon	Counter-balance
Rhythm	Counter-tension
Change mechanisms	Combine
Level (height)	Sequence
Tempo (speed)	Bridge-like construction
Direction	Evaluate
Shape	Improvements
	Refine

Resources

Flipchart
Skipping Ropes
Hand Apparatus
Large Apparatus
Mats
Ipads/Camera
Music