



Coleman Primary School

**Key Knowledge Organiser:**

**Year 5- Autumn 2.**

**Gymnastics- Pair Composition.** In this unit, the children will create and perform a partner- based floor sequence linking 6-8 gymnastics actions. Pupils will develop the composition of the sequence in a variety of ways. They will develop a broad range of skills and link actions to make sequences of movement. They will understand how to improve and evaluate their own success, as well as develop flexibility, strength, technique, control and balance. They will also build on skills introduced in previous gymnastics units.

**Key Vocabulary**

<b>Balance</b>	The ability to move or to remain in a position without losing control or falling.
<b>Co-ordination</b>	The ability to use different parts of the body together smoothly and efficiently.
<b>Control</b>	To exercise authority or a dominating influence over the body.
<b>Extend</b>	To hold a part of the body out towards someone.
<b>Fluency</b>	Being capable to move effortlessly and smoothly with ease once mastered a skill/technique.
<b>Shape</b>	To give a particular shape or form to the body.
<b>Jump</b>	Push oneself off a surface and into the air by using the muscles in one's legs and feet.
<b>Meet and part</b>	Gymnasts move away and towards each other
<b>Mirroring</b>	Gymnasts reflect their partner's activity
<b>Roll</b>	Move in a particular direction by turning over and over on an axis.
<b>Rotation</b>	The action of rotating about an axis or centre.
<b>Sequence</b>	A particular order in which related things follow each other.
<b>Slide</b>	Move smoothly along a surface while maintaining continuous contact with it.

**Images:**



**Key concepts to be explored:**

- Non- contact partner work.
- Movement phrases- creating pair sequences using a variety of actions.
- Compositional development- using compositional devices to make a pair sequence more complex and interesting.

**Core task:**

To create and perform a partner floor sequence linking 6-8 gymnastics actions.

**Gymnastic knowledge learned prior to this unit:**

- I can copy, remember, explore and repeat gymnastics actions with consistent control, co-ordination, quality and clarity (Y4).
- I can select and link gymnastics actions fluently into longer movement phrases and can apply basic compositional ideas (Y4).
- I can describe my own and others work noting similarities and differences and I can make suggestions for improvements (Y4).

**Gymnastic knowledge learned in this unit:**

- You will copy, remember, explore and repeat increasingly complex gymnastics actions with some control, co-ordination, quality and clarity.

<b>Unison</b>	All gymnasts are performing at the same time.	Make sure you develop the composition of the sequence in a variety of ways.	<ul style="list-style-type: none"><li>• You will begin to select and link increasingly complex gymnastics actions fluently into individual, pair and group sequences and can apply a variety of compositional ideas.</li><li>• You will begin to identify and act upon criteria to refine, improve and modify gymnastics actions and sequences.</li><li>• You will demonstrate specific aspects of warm-up and cool down and describe the effects of exercise on the body.</li></ul>
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