



Coleman Primary School

**Key Knowledge Organiser:** **Year 5- Spring 2.**

**Gymnastics- Press and Go.** In this unit, the children will learn Press and Go actions and movement phases, as well as build on previous gymnastic skills to help them to 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.

**Key Vocabulary**

**Images:**

<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.



**Key concepts to be explored:**

- Press and Go actions- actions initiated by the body or body parts pressing into and pushing away from the floor or apparatus.
- Movement phrases- link Press and Go actions with other actions on the floor and apparatus to create sequences of continuous movement.

**Gymnastic Skills:**

**Gymnastic skills 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).

<b>Unison</b>	All gymnasts are performing at the same time.	<p><b><u>Core task:</u></b></p> <p>To create and perform a floor and apparatus sequence of 6-8 actions which combine press and go actions with other actions. Make sure you show fluency, clear shapes and variety in the ways you involve the apparatus.</p>	<p><b><u>Gymnastic skills learned in this unit:</u></b></p> <p>I am starting to copy, remember, explore and repeat increasingly complex gymnastics actions with some control, co-ordination, quality and clarity.</p> <p>I am beginning to select and link increasingly complex gymnastics actions, fluently into individual, pair and group sequences and can apply a variety of compositional ideas.</p> <p>I am beginning to identify and act upon criteria to refine, improve and modify gymnastics actions and sequences.</p> <p>I can demonstrate specific aspects of warm-up and cool-down and describe the effects of exercise on the body.</p>
<b>Press and Go actions</b>	Actions initiated by the body or body parts pressing into and pushing away from the floor or apparatus.		
<b>Movement phrases</b>	Link Press and Go actions with other actions on the floor and apparatus to create sequences of continuous movement.		