



# Physical Education Gymnastics Year 5

## Unit Purpose

The unit of work will focus on exploring **Counter Balance** and **Counter Tension** balances on the floor and on apparatus.

Pupils will create sequences by consistently applying **flow** and challenging their **creativity**. Pupils will focus on the various ways they can construct the sequence and link the balances with movements.

## Inspire Me

**Nadia Comăneci** is a Romanian retired gymnastics and five-time Olympic gold medalist. At the age of 14, Comăneci was the first gymnast to be awarded a perfect 10 at the Olympic games.



## Key Success Criteria

- P** Pupils will execute 'excellent' balances and movements within the Counter Balance and Tension theme, accurately applying flow as they link their balances with movement.
- C** Pupils will apply life skills such as evaluation and reflection as they recognise the strengths and weaknesses in their sequences and find ways to improve them.
- S** Pupils will demonstrate communication skills and show respect as they watch others' performances and give feedback on ways to improve.
- W** Pupils will apply integrity and self discipline as they perform their sequences and receive feedback. Pupils will then work hard to improve their sequences.

## Vocabulary for Learning

**Excellent gymnastics:** 'Excellent' refers to when pupils are being silent, extending their fingers and toes and when they make a shape/balance are able to hold it still for at least 4 seconds.

**Interesting:** This means pupils are thinking and being creative. This includes adding different levels and different connection points to their balances and/or movements.

**Flow:** This is when a gymnast moves from one action to another without stopping.

**Levels:** This refers to when a gymnast is creating movements and balances that are performed using different heights either on the floor or on apparatus.



## Sport Specific Vocabulary

**Counter Balance:** A counter balance is a pushing balance.

**Counter Tension:** A counter tension is a pulling balance.

**Unison:** Unison is where pupils perform the same movement at exactly the same time as each other.

**Canon:** Canon is where pupils perform the same movement one after the other.

