



Year 5 Physical Education - Autumn Term: Gymnastics



1. Quality of Movement

Posture and body tension
Timing movements
Transitions and linking
Smooth and flowing
Symmetry

2. Rolling Backwards

Tucked body shape
Chin tucked in
Palms up, thumbs by ears
Elbows in
Take knees over head
Even push with both hands



What are the key aspects of a good gymnastics performance?

3. Helping Others to Improve

Empathy and kindness
What went well and what could be improved?
Can they self-reflect, can you help them find solutions?
Technical points
What are they finding challenging?

4. Squat Through Vault

Strong fast run up
Hands placed in the middle of the platform
Fingers spread shoulder width apart
Squat the feet between the hands
Push from the top of the platform
Shoulders should be in front of feet at all times
Safe and controlled landing

5. Cartwheel

Start and finish in lunge position
Foot, hand, hand, foot
Smooth movement
Body tension and extension



6. Performance

Quality of actions, Communicate with partner, Smooth transitions, Adopt a growth mindset approach: Mistakes help us to learn, Consider your personal Achievements, Enjoyment, Confidence, try your best - effort

cartwheel	extension	lunge	performance	posture	rolling
self-reflect	squat	symmetry	tension	timing	transition