



## Jerry Clay Academy Subject Unit Overview

**Subject:** PE – Gymnastics    **Year Group:** Year 5    **Term:** Autumn

### **Core Learning of This Unit:**

- Create, practise and refine longer, more complex sequences for performance, including changes in level, direction and speed.
- Choose actions, body shapes and balances from a wider range of themes and ideas.
- Adapt their performance to the demands of a task, using their knowledge of composition.
- Understand the need for warming up and working on body strength, tone and flexibility.
- Lead small groups in warm up activities.
- Use basic set criteria to make simple judgements about performance and suggest ways they could be improved.

### **Prior Learning:**

- Perform actions, balances, body shapes and agilities with control.
- Plan, perform and repeat longer sequences that include changes of speed and level, clear shapes and quality of movement.
- Adapt their own movements to include a partner in a sequence.
- Understand that strength and suppleness can be improved.
- Lead a partner through short warm up routines.
- Recognise criteria that lead to improvement eg, changing speed.
- Watch, describe and suggest possible improvements to other's performances.
- Suggest improvements to their own performance.

### **National Curriculum Statements:**

Pupils should be taught to:

- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].
- perform dances using a range of movement patterns.
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

### **Significant People:**



#### **Max Whitlock**

Max Antony Whitlock is a British artistic gymnast. He is a six-time Olympic medalist (all-round, team, floor exercise and three times on his signature piece, pommel horse), winning three golds and three bronzes, and a five time world medalist on the pommel horse with three gold and two silvers.

### **Key Vocabulary:**

- Dynamics
- Combination
- Asymmetric
- Symmetry
- Refine
- Evaluate
- Accuracy
- Suppleness