St Andrew's Church of England Primary School

Year 5 and 6 Knowledge Organiser – Term 1 PE -Gymnastics - Working Together – Holes & Barriers

Glossary of key words:	
Vocabulary	**Definition**
asymmetrical	A balance where the sides of the body are not the same.
axis	A straight line around which an object rotates. Movement at the joint takes place in a plane about an axis.
contrasting	A deliberate change in movement, body position, or rhythm that creates visual and dynamic variety within a routine.
counter-balance	A balance move that requires two or more gymnasts to use their weight and rely on each other to keep balance.
rotate	Movement patterns that require the body to move through space and around its own axis.
symmetrical	A shape that is the same on either side of the body or a mirror image of a partner.
synchronisation	Starting and finishing at the same time, but you don't have to do the same movement as each other.
take-off	A jump.

By the end of this unit we will:

- make complex or extended sequences
- combine action, balance and shape
- perform consistently to different audiences
- clear, accurate and consistent movements
- combine our own work with that of others
- link our sequences to specific timings

Ideas for matching and mirroring



