

PE - Gymnastics - Owls- Yr 4 & 5

Enquiry Questions

Can I show I am able to balance whilst traversing the apparatus?

Can I show I can use my strength and power whilst using apparatus and floor exercises?

Can I show my flexibility during routines on floor exercises or apparatus?

Can I link these different skills together in a chain using mats and equipment?

Can I chain specific movements together between apparatus?

Vocabulary

Balance

Strength

Power

Flexibility

Speed

Momentum

Roll

Grip

Coordination

Floor

Mats

Equipment

Apparatus

Traversal

Transitional

National Curriculum Links

Year 4

Pupils should be able to show competency in fundamental skills such as balancing, jumping, rolling etc on mats and apparatus unaided . Pupils should now start chaining together these skills whilst adding traversal elements between apparatus, to routines.

Year 5

Pupils should be able to show competency in fundamental skills such as balancing, jumping, rolling etc on mats and apparatus unaided . Pupils should now start chaining together these skills whilst adding traversal elements between, and whilst on, apparatus, to routines.

Questions to Consider...

What skills that you learn to use in gymnastics can you also use in other sports and how?

How can we make sure that all equipment and apparatus is safe to use?

How can we practice the skills we have learnt, such as balance, at home, with no equipment?

PE Value for the half term : Self-Motivation & Inclusion

