



PE – Gymnastics – Year 5/6

Key Learning

1. To know how to use a wide range of artistic skills and movements.
2. To use a range of movement patterns and perform them confidently.
3. To create your own sequences using a range of apparatus.
4. To combine flexibility, techniques and movements including transitions.
5. To show a change of speed and timings.

Vocabulary

Roundoff	A powerful cartwheel variation where you land with both feet together, often used to start tumbling passes.
Handstand	A skill where you support your body vertically on your hands with tight legs and strong core control.
Forward Roll	A basic tumbling move where you roll over your head and shoulders in a tucked position.
Back Bend	A move where you bend backward into a bridge position from standing, showing flexibility and control.
Beam	Short for balance beam, a narrow apparatus where you perform acrobatic, dance, and strength elements.
Straight Jump	A jump with your legs straight and arms tight, showing control and proper form in the air.
Tuck Jump	A jump where you lift your knees toward your chest, keeping your arms and body tight.
Split Leap	A leap that shows flexibility and height, with legs extended into a full split position mid-air.
Floor Routine	A choreographed sequence of tumbling, dance, and strength elements performed on a spring floor to music.
Coach	A trained instructor who guides your progress, teaches technique, corrects form, and supports your goals.
Flexibility	The ability to move your joints and muscles through a full range of motion, important for leaps, jumps, and extensions.

Key Athletes



Becky & Ellie Downie
Represented GB at the highest levels, including the World Championships.
Appointed MBEs in the New Year Honours for 2024.

Max Whitlock

British artistic gymnast, Olympic and world champion, known for exceptional pommel horse routines.



Feet and knees together
Chin tucked into neck

Shoulders contact floor NOT the head
Leave a gap between face and knees

Stay tucked until feet contact the floor
Reach forwards with arms

Stand up without hands touching the floor
Feet and knees stay together

The Basic Shapes in Gymnastics



SCHOOL GAMES



GYMNASTICS HQ