



Bumblebees – PE – Gymnastics

Key Skills:

Physical:

- Straddle roll, forward roll, backward roll, counter balance, counter tension, bridge, shoulder stand, handstand, cartwheel, headstand, vault

Social:

- Responsibility, collaboration, communication, respect

Emotional:

- Confidence

Thinking:

- Observing and providing feedback, selecting and applying actions, evaluating and improving sequences.

Key skills to do:

- Explore counter balances and counter tension balances.
- Combine and perform gymnastic shapes more fluently and effectively.
- Develop control in progressions of a cartwheel and a headstand.
- Develop fluency and consistency in the straddle, forward and backwards roll.
- Combine and perform a range of gymnastic jumps more fluently and effectively.

Words to know and spell (Tier 2 Vocabulary)

Momentum	Counter Balance	Formation
Stability	Inverted	Progression



Words to understand and spell (Tier 3 Vocabulary)

Aesthetics	Presenting something in a way that looks good.
Synchronisation	When performers complete the same physical action one after another.
Inverted Movement	An action where the hips go above the head such as shoulder stand or cartwheel.
Canon	When performers complete the same action one after the other.

Concept check questions. Test yourself:

How can I combine movements in an aesthetically pleasing way?

What is important to include in a warm up?

What is a counter balance?

What does counter tension mean?