



Bumblebees – PE – Gymnastics

Key Skills:

Physical:

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

Social:

- Communication, collaboration, responsibility, respect

Emotional:

- Confidence

Thinking:

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

Key skills to do:

- Combine and perform gymnastic shapes more fluently and effectively.
- Develop control in progressions of a cartwheel and a headstand.
- Explore counter balances and counter tension balances.
- 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)

Roll	Balance	Cartwheel
Direction	Level	Action
Tension	Speed	Pathway
Timing	Symmetrical	Extension
Rotate	Canon	Synchronisation



Words to understand and spell (Tier 3 Vocabulary)

Counter tension	When gymnasts perform a balance which involves two or more of them pulling away from each other or a piece of apparatus.
Counter balance	A balance where a person uses another persons weight to stay balanced by pushing against them.
Formation	Where you are in a space related to others.
Inverted	An action where the hips go above the head such as a shoulder stand, bridge or cartwheel.
Aesthetics	Something looking good.

Concept check questions. Test yourself:

- What are the different parts of my sequence?
- How do I warm up effectively?
- Can I offer effective feedback to another group?
- How can I stay safe when learning a new skill.
- What is a counter balance?