







# Y5 PE Knowledge Organiser—Gymnastics

<h2>Key Knowledge</h2> <p>Learn these key facts</p>	<h2>Key Vocabulary</h2> <p>Understand these key words</p>		<h2>Gymnast Focus</h2>	
<h3>Twisted Shapes</h3> <p><b>(TWISTED TRIANGLE)</b></p> 	<h3>Word</h3>	<h3>Definition</h3>	<p><b>Simone Biles</b></p> <p>The greatest female artistic gymnast of all time with 30 Olympic and World gymnastic medals. The American has created unique moves vault, beam and 2 different floor moves. She is only 23 (2020) ready to win even more medals.</p> 	
<div style="display: flex; justify-content: space-around;"> <div data-bbox="282 706 726 1092"> <h3>Matching</h3>  </div> <div data-bbox="726 706 1166 1092"> <h3>Mirroring</h3>  </div> </div>	<p><b>Twisting</b></p>	<p>Taking a normal balance position and twisting one part of the body</p>		
	<p><b>Matching</b></p>	<p>When two or more gymnasts perform the same movement in the same direction to match each other</p>		
	<p><b>Mirroring</b></p>	<p>When two gymnasts perform the same movement but in different directions to create a mirror image of each other.</p>		
	<p><b>Weight on hands</b></p>	<p>The beginnings of a handstand—taking weight on both hands.</p>		
	<p><b>Fluency</b></p>	<p>A well planned gymnastics routine will combine balances, linking movements and compositional ideas.</p>		
	<p><b>Transition</b></p>	<p>The links between different actions.</p>		
	<p><b>Swinging Gesture</b></p>	<p>One part of your body swinging—usually to gain momentum</p>		
	<h3>Teddy Bear Roll</h3> 	<p><b>L-Shape</b></p>		<p>A pathway with a right angles turn in it.</p>
	<p><b>Flight</b></p>	<p>Shapes and positions made when you are in the air (jumping)</p>		
<p><b>Use of Speed</b></p>	<p>Planning out when movements will be performed slowly or at speed to help use the different compositional ideas.</p>	<p>He has also won many World and European titles during his career.</p> 		

# Y6 PE Knowledge Organiser—Gymnastics

## Key Knowledge

Learn these key facts

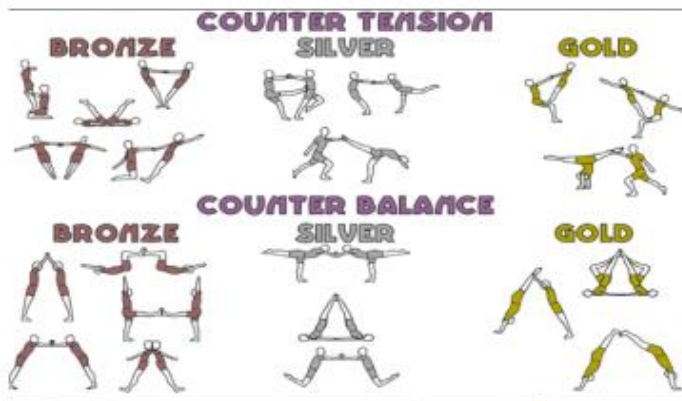
### Symmetrical



### Asymmetrical



### Partner Balances



## Key Vocabulary

Understand these key words

### Word

### Definition

#### Symmetrical

A body shape that is the same on both sides of the centre line

#### Asymmetrical

A body shapes that is **different** on both sides of the centre line.

#### Counter Balance

A partner / group balance using a pushing force against each other to remain still.

#### Counter Tension

A partner / group balance using a pulling force away from each other to remain still.

#### Contrasting

Different movements or shapes within a sequence or to a partner.

#### Compose

Create a routine to fit a piece of music.

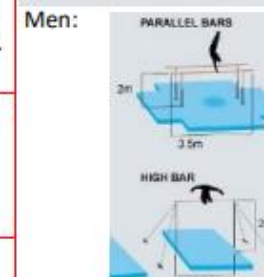
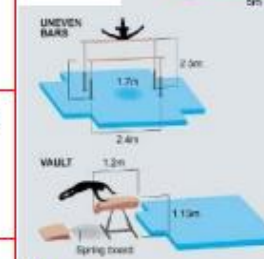
#### Forces

Pushing or pulling together or against a partner or piece of apparatus.

## Event

## Focus

Women:



Men:

