




Year 5: Gymnastics Proficiency

Subject Specific Vocabulary		Important Information	Important Knowledge
tension	How you hold your body with strength.		<input type="checkbox"/> I can perform a sequence to music linking skills from proficiency 4 using fluidity to music.
flexibility	The ability to move muscles and joints through a full range of motion.		<input type="checkbox"/> I can perform skills from proficiency 3 showing tension, strength and balance.
collaborate	Work with others on an activity.		<input type="checkbox"/> I know and can explain the correct technique for all 10 skills in proficiency 3.
handstand	A skill where you balance on your hands.		<input type="checkbox"/> I can perform a handstand and headstand showing strength and tension.
communication	How to tell someone something.		<input type="checkbox"/> I can perform a free headstand and handstand changing my leg position.
advantage	Something that benefits you or makes you better than the other team.		<input type="checkbox"/> I can perform a teddy bear roll, a forward roll and a cartwheel independently.
core strength	Something that benefits you or makes you better than the other team.	<p>Free headstand</p>	<input type="checkbox"/> I can perform a teddy bear roll, a forward roll and a cartwheel independently.
headstand	A skill where you balance on your head and hands.		<input type="checkbox"/> I can perform point and patch balances at a height.
element	An important or essential skill of gymnastics.	<p>Supported handstand</p>	<input type="checkbox"/> I can perform a squat on and a dismount skill.
personal record	Something you set yourself when you have done your best.		<input type="checkbox"/> I know how to change my body in different types of bridges.
			<input type="checkbox"/> I can complete skills 1,2,4,8,9 and 10 from proficiency 2.