




# Year 5: Gymnastics Proficiency

Subject Specific Vocabulary		Important Information	Important Knowledge
element	An important or essential skill of gymnastics.	 Handstand	<input type="checkbox"/> I can perform advanced skills and link them together to music.
headstand	A skill where you balance on your head and hands.		<input type="checkbox"/> I can perform skills from proficiency 3 showing tension, strength and balance.
handstand	A skill where you balance on your hands.	 Free headstand	<input type="checkbox"/> I know and can explain the correct technique for all 10 skills in proficiency 3.
fluidity	Smooth elegance or grace.		<input type="checkbox"/> I can perform a handstand and headstand showing strength and tension.
dismount	A move to jump off apparatus or complete a floor exercise.	 Supported handstand	<input type="checkbox"/> I can perform a free headstand and handstand changing my leg position.
core strength	The muscles in your abdomen and back that work together.		<input type="checkbox"/> I can perform a teddy bear roll, a forward roll and a cartwheel independently.
advanced	Greatly developed.		<input type="checkbox"/> I can perform point and patch balances at a height.
communication	How to tell someone something.		<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.
collaborate	Work with others on an activity.		