







Scott Primary School – Year 5 Gymnastics Knowledge Organiser

<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>{TWISTED TRIANGLE}</p> <p>To set up the pose, keep both palms bones level, pointing straight down toward the floor and in line with your chest and neck. Then, rotate your torso toward your front foot.</p> <p>Your bottom wrist should be directly under your shoulder. If you can't touch the floor, place your hand on a block. (Overstretching could lead to a muscle strain.)</p> 	<h3>Word</h3>	<h3>Definition</h3>	<p>Simone Biles</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> 	
<h3>Matching</h3>  <h3>Mirroring</h3> 	<h3>Twisting</h3>	<p>Taking a normal balance position and twisting one part of the body</p>		<p>Max Whitlock</p> <p>British gymnast 5 time Olympic medallist. First Britain to win Gold at the Olympics which he did on the pommel horse and floor at the Rio Games in 2016.</p> <p>He has also won many World and European titles during his career.</p> 
<h3>Teddy Bear Roll</h3> 	<h3>Matching</h3>	<p>When two or more gymnasts perform the same movement in the same direction to match each other</p>		
<h3>Mirroring</h3>	<p>When two gymnasts perform the same movement but in different directions to create a mirror image of each other.</p>			
<h3>Weight on hands</h3>	<p>The beginnings of a handstand—taking weight on both hands.</p>			
<h3>Fluency</h3>	<p>A well planned gymnastics routine will combine balances, linking movements and compositional ideas.</p>			
<h3>Transition</h3>	<p>The links between different actions.</p>			
<h3>Swinging Gesture</h3>	<p>One part of your body swinging—usually to gain momentum</p>			
<h3>L-Shape</h3>	<p>A pathway with a right angles turn in it.</p>			
<h3>Flight</h3>	<p>Shapes and positions made when you are in the air (jumping)</p>			
<h3>Use of Speed</h3>	<p>Planning out when movements will be performed slowly or at speed to help use the different compositional ideas.</p>			