

## Gymnastics - Year 5

Key vocabulary	Definition
Mirror	To do the same as your partner with opposite arms and legs.
Match	To do the same as your partner including the same arms and legs.
Sequence	Several moves performed one after another. Good sequences include a change of level, speed, direction and action (balance, jump, roll or travel).
Level	Stretching high or being low to or on the ground are levels.
Counter Balance	A balance where each partner supports the weight of the other by pushing towards each other.
Extension	Straight and stretched arms, legs, hands and feet.
Counter Tension	A balance where each partner supports the weight of the other by pulling against each other.
Unison	Everyone is doing the same thing at the same time.
Canon	One follows after the other.

### Key Knowledge and Skills:

Matched balance:

Stretch your arms and legs and point your toes.

Feel the tightness in your body.

Hold the balance for 3 seconds.

Same arms and legs as your partner.

Mirrored balance:

Stretch your arms and legs and point your toes.

Feel the tightness in your body.

Hold the balance for 3 seconds.

Opposite arms and legs as your partner.

Counter Balance:

Push against each other with hands/feet/back close together.

Start with feet closer together and then gradually move them further apart until you are in counter balance.

Have good extension.

The further apart the bases, the harder it is.

Counter Tension:

Start with bent arms close together and feet further apart.

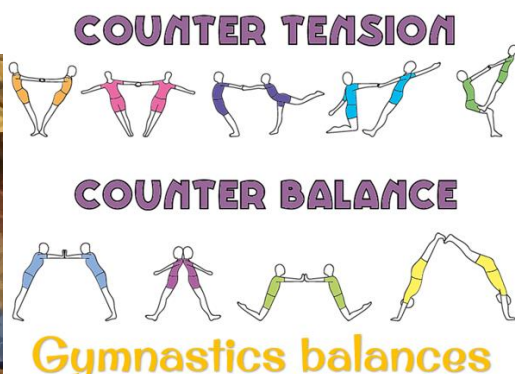
Hold wrists, not hands.

Gradually lean away from each other until you are in counter tension balance.

Pull back together to finish.



Matched balance



Mirrored balance