



Somerset Bridge Primary School
Aspire - Brave - Care - Collaborate

PE: Year 5 Gymnastics & Dance

Ways to Perform

Individually



Pairs



Small groups



With apparatus



Unison



Canon

Key Skills

To link shapes, actions and movements together fluently.

To adapt a sequence to suit a change in equipment and apparatus.

To use knowledge of how to perform to evaluate my own and others' performances.

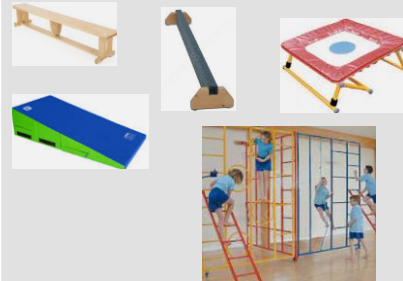
To perform confidently and expressively using a variety of performance skills.

To describe, analyse and evaluate my own and others' routines.

To use unison and canon when creating and linking poses.

Equipment/apparatus

Benches
Beams
Table
Trampoline
Mats
Wedge mat
Climbing frame



Key Vocabulary

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Flight	Shapes and positions made when in the air.	
Fluency	A well planned gymnastics or dance routine combining movements and different balances.	
Unison	Partner or groups work or performing the same skill and the same time.	
Canon	Performers or groups mirror each others' moves.	
Poses	Different positions being held.	
Transition	The links between different actions.	



Things to think about when creating a routine:

Does it include a clear beginning and end?

Am I using a variety of different movements?

Am I performing my movements accurately and with good control?

Am I using suitable linking moves to make sure my routine flows well?

