



Waterbeach Community Primary School

Curriculum Capture for Year 5 PE: Gymnastics Press and Go

Key Knowledge

Exploration of linking press and go actions to natural transition actions.

- From sitting in pike shape, rock from side to side x 3. (Arms stay out to the side at shoulder height so 1 hand touches the floor on each side of the rock.)
- Tip over sideways into front lie or arch shape. (At the end of the final rock, keep the momentum going into the tip over to end up on your front.)
- ½ spin on tummy. (Spin to your right or left to end up facing the opposite direction.)
- Press up to front support. (Place your hands on the floor under your shoulders and keep a straight body throughout the press up.)
- Jump feet forwards to crouching tuck shape. (As soon as you reach front support, jump your feet forwards.)
- Immediate straight jump up to a safe landing position. (Land with your feet slightly apart, knees bent, back straight, arms horizontal in front and head up.)

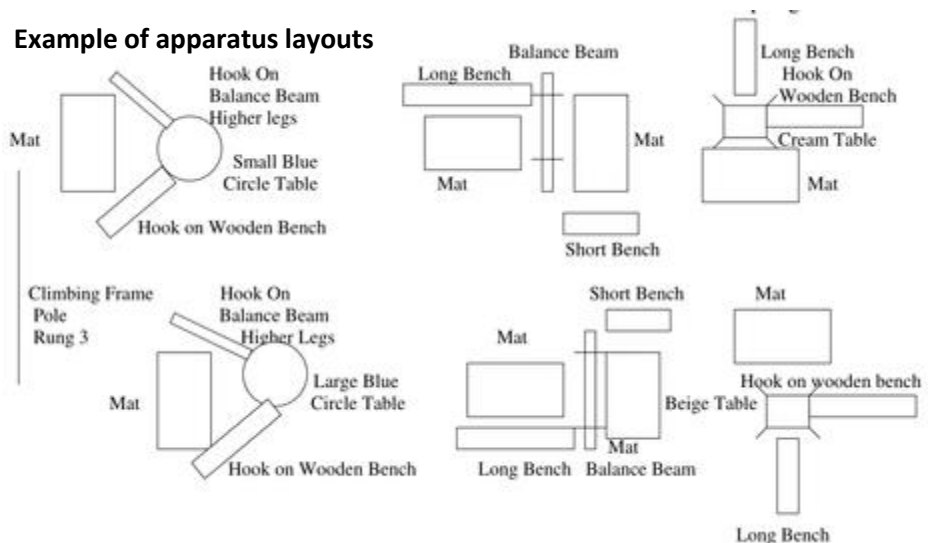
Exploration of rebound press and go actions to involve low/small apparatus.

- Obstacle (with contact) = bunny jumps side to side over a bench with the hands on the bench.
- Obstacle (no contact) = place hands the other side of a floor beam and bunny jump the feet over, then perform the 2nd bunny jump on the floor.
- On = on the spot bunny jumps on a table top.
- Along = travelling bunny jumps along a bench.
- Mount = place hands on a soft box top and bunny jump the feet on (squat on) and then perform the 2nd bunny jump on the box top.
- Dismount = from crouch position on a low table top, bunny jump once on the table top then jump the feet backwards to land in front support position with the hands on the table top and feet on a mat.



Example of apparatus layouts

Rock n' Roll



Key Skills

- Develop a broad range of gymnastics skills.
- Develop a broad range of skills.
- Understand how to improve and evaluate own success.
- Develop flexibility, strength, technique, control and balance.

Vocabulary

| | |
|----------------------|---|
| Press and Go actions | Actions initiated by the body or body parts pressing into and pushing away from the floor or apparatus. |
| Movement phrases | Link Press and Go actions with other actions on the floor and apparatus to create sequences of continuous movement. |