

Spring Term Curriculum 2024

Year 5/6 Essential Knowledge

PE: Fundamental movements: gymnastics: balance and shapes

1. Improved techniques for creating shapes:

- straight (pencil)
- tuck
- star
- pike
- straddle

2. What it means to balance to perform:

- inverted balances
- part body weight balances
- counter balances
- counter tensions

3. Knowledge of above to create a sequence using:

- shapes
- inverted
- part body weight
- counter tension
- counter balances