

EDSTART KNOW

- I can explain how to perform a range of balance positions, including those with my feet elevated, while maintaining body tension and control.
- I can describe what synchronisation and canon mean and how they are used in group or paired performances.
- I can understand how to analyse my performance and use feedback to improve my technique and presentation.

EDSTART GO

- I can perform a variety of balances, transitions, and movements with fluency, control, and precision.
- I can work with a partner or group to include synchronisation and canon within a routine.
- I can reflect on my performance, using feedback from others to make improvements in quality and expression.

EDSTART SHOW

- I can demonstrate confidence, strength, and balance in my gymnastics sequences.
- I can perform with clear body tension, coordination, and timing when working with others.
- I can evaluate my work and show how I've improved my performance through focus and practice.

Key Vocabulary

**balance, sequence,
vault, transition,
flexibility, control,
precision, strength**

Role Models



Simone Biles -
American Olympic
Gymnast and Mental
Health Advocate



Giarnni Regini-Moran -
British Artistic Gymnast
(European Champion)

What do we know about Gymnastics?

Gymnastics developed from ancient Greek military training into a codified sport in 19th-century Europe. Today, artistic, rhythmic and trampoline disciplines are all Olympic events. It is governed by the International Gymnastics Federation (FIG). Training focuses on body control, flexibility, and kinaesthetic awareness. Strength-to-weight ratio and precision are essential. Modern performance analysis studies biomechanics and energy efficiency to improve execution. Beyond competition, gymnastics supports posture, confidence and lifelong physical literacy.

In Year 5 we learnt

- to create and perform a fluent sequence that combines eight or more balances with travelling movements, jumps, and rolls.
- use appropriate gymnastics vocabulary to describe, evaluate, and refine their own and others' performances.
- demonstrate control, body tension, and smooth transitions when linking movements together.