

# Year 5 - Gymnastics Knowledge Organiser

COMPETING  
EDSTART

## EDSTART KNOW

- I can explain how to combine balances, jumps, rolls, and travelling movements to create a fluent sequence.
- I can describe the key principles of control, tension, and extension in gymnastics.
- I can use appropriate gymnastics vocabulary to talk about what I and others are doing.

## EDSTART GO

- I can create and perform a fluent sequence that includes eight or more balances linked with travelling movements, jumps, or rolls.
- I can demonstrate control, smooth transitions, and good body tension throughout my routine.
- I can describe and refine my own work using correct gymnastics terminology.

## EDSTART SHOW

- I can perform my sequence confidently and with expression in front of others.
- I can evaluate my performance and make improvements using feedback.
- I can show confidence, focus, and precision when performing gymnastics routines.

## Key Vocabulary

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

## Role Models



**Aly Raisman -**  
**Two-time Olympic captain**



**Joe Fraser -**  
**British Artistic Gymnast**

## What do we know about Gymnastics?

Gymnastics dates back to Ancient Greece where it was used to prepare soldiers for war. The modern form was developed in 19th-century Germany by Friedrich Jahn, who designed much of the equipment used today. Gymnastics became an Olympic sport for men in 1896 and for women in 1928. It builds strength, flexibility, balance and coordination through disciplined practice on apparatus or the floor.

## In Year 4 we learnt

- **to use appropriate vocabulary to describe what they and others are doing.**
- **to know and understand the safety implications involved in various types of roles.**