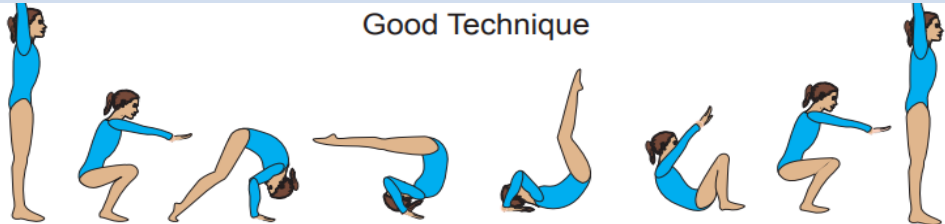


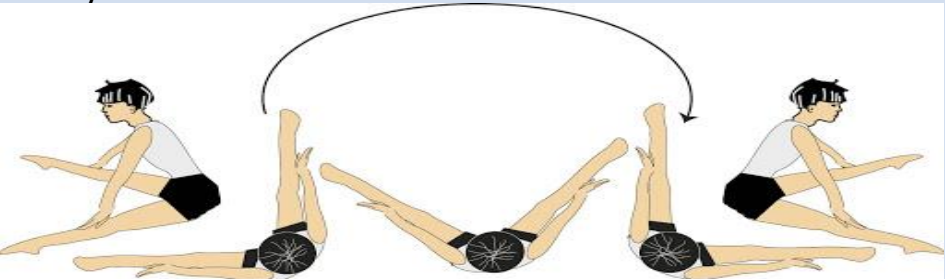
Year 5 Gymnastics

Rolls

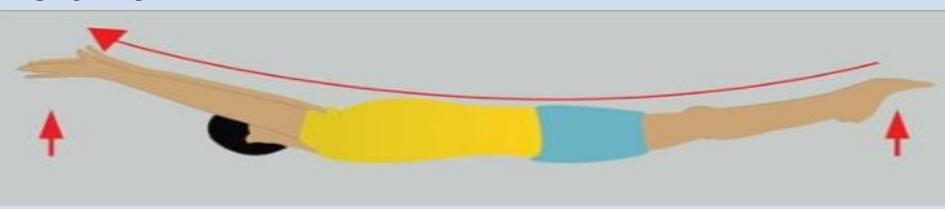
Forward Roll



Teddy Bear Roll



Pencil Roll



Everyone will attempt these basic rolls and now the teaching the points for them.

Some of you may be asked by the teacher to practice some more advanced rolls.

Can you think of how we can use our basic shapes to make our rolls more advanced?

Creating sequences

Link together shapes/ balances, jumps and rolls to create a short gymnastics sequence.

- We are looking for;
- Good Tension
 - Good Extension
 - Fluency
 - Creativity
 - Team work

Basic Shapes in gymnastics – it's important to get these right in preparation for some more complex skills we learn in the future. Can you turn some of your shapes into jumps?

Shape	Picture
Tuck	
Straddle	
Pike	
Star	
Dish	
Arch	
Front Support	
Back Support	

Keyword	Definition
Tension	Tightening muscles to help you maintain a posture.
Extension	Stretching or straightening your limbs.
Fluency	Linking actions together in a way that flows easily.