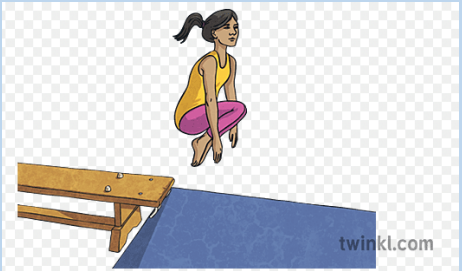





PE	Y5 – Travelling skills - KLP	
Skills	Crucial Knowledge	Concepts & Vocabulary
 	<p>I know that a dynamic warm up is important to prepare the body for movement, warming up my muscles</p> <p>I can perform the following jumps landing safely and with control: straight, star, straddle, tuck, cat leap and a jump with a half turn.</p> <p>I can perform a controlled log roll and tuck roll showing control, alignment and fluidity.</p> <p>I can explain the steps involved in mastering how to complete a forward roll.</p>	<p><b>Concepts</b></p> <ul style="list-style-type: none"> <li>To build, develop and demonstrate resilience</li> <li>To be knowledgeable about the impact and importance of physical activity on their bodies, health and well-being</li> </ul> <p><b>Vocabulary</b></p> <p>Take off Landing position Fluidity Linking movements Momentum Rotate</p>
 	<p>I can use linking movements to transition from a jump to a roll and a roll to a jump.</p> <p>I can work with a group and choreograph and perform a gymnastics routine linking 2/3 different jumps with 2/3 different rolls using the floor and apparatus.</p>	<p><b>Declarative knowledge</b></p> <p>A <b>jump</b> is a movement where the gymnast uses their leg muscles to propel their bodies off the ground.</p> <p>A <b>roll</b> is a movement where the gymnast's body rotates along the floor or apparatus.</p> <p><b>Linking / transitional movements</b> allow the gymnast to move from one position or movement pattern to another smoothly.</p>