





PE	Y5 – Travelling Skills - KLP	
Skills	Knowledge	Concept & Vocabulary
	<p>To gain flight when performing different types of jumps: straight, tuck, straddle, twist (half &amp; full turn) - using the low-level apparatus.</p>	<p><b>Concept:</b> To demonstrate a variety of jumps and vaults in a group performance.</p> <p><b>Vocabulary</b></p> <p>Composition Flight Twist Tension Extension Execute</p>
	<p>In small groups to perform a sequence of 3 synchronised jumps using the floor and apparatus</p>	<p><b>Recall from Year 4</b></p> <p><b>Concept</b> To use and link a range of travelling steps and a straddle vaulting movement to travel.</p>
	<p>To roll from a jump using the low-level apparatus - exploring a range of jumps and rolls</p>	<p><b>Vocabulary</b></p> <p>Hurdle Lunge Rebound</p>
	<p>To create a paired performance of a 30 second sequence to include: a balance, a synchronised shape jump, a vault, a roll in a canon and a twist jump.</p>	<p>Springboard Straddle Vaulting box</p>
	<p>To showcase routines, using the floor and low-level apparatus, performing a 30 second routine including a balance, synchronised shape jump, a vault, a roll in a canon and a twist jump.</p>	

