PE	Y5 — Travelling Skills - KLP	
Skills	Knowledge	Concept & Vocabulary
	To gain flight when performing different types of jumps: straight, tuck, straddle, twist (half & full turn) - using the low-level apparatus.	Concept: To demonstrate a variety of jumps and vaults in a group performance. <u>Vocabulary</u> Composition Flight Twist Tension Extension Execute
twinkt.com	In small groups to perform a sequence of 3 synchronised jumps using the floor and apparatus	
Leon State	To perform a jump (straight, star, cat leap, half / full turn) and then sink into a roll (dish, tucked, backwards, forwards, straddle or pike).	Recall from Year 4 Concept To use and link a range of travelling steps and a straddle vaulting movement to travel.
Kassert	To roll from a jump using the low-level apparatus - exploring a range of jumps and rolls	<u>Vocabulary</u> Hurdle Lunge Rebound
Gymnastic Activities - Key Stage 2 Forward Rolling - The Forward Roll Ladder	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.	Springboard Straddle Vaulting box
	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.	