

Gymnastics - Matching & Mirroring

Know, Show and Grow Progression

Year 5



This document shows the progression of knowledge (Know), skills (Show) and the development of a child's characteristics (Grow) each week throughout the unit.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Know	Some interesting ways of transition from one move to another	How to perform an Arabesque To use gymnastic terminology in my feedback	How to mirror in unison with my partner	The importance of timing and how to ensure I work in synchrony with my partner	How to communicate and negotiate to agree a sequence as a group	How to perform effectively in canon
Show	Hold balances on different numbers of points of contact Perform matching moves with a partner within a sequence	Control an Arabesque Contrast my partner's moves so that we work at different levels and in different pathways	Perform a sequence, mirroring a partner's symmetrical and asymmetrical shapes	Perform a sequence with a partner, which moves from matching moves to contrasting	Work as a group to demonstrate fluent routines involving mirroring and contrasts	Perform elements of unison and canon in a group routine
Grow	Explore the concept of perseverance and its' importance in and beyond Gymnastics.	Explore the concept of feedback and its importance in and beyond Gymnastics.	Explore the importance of positivity in Gymnastics and beyond.	Explore the concept of perseverance and its' importance in and beyond Gymnastics.	Explore the concept of feedback and its importance in and beyond Gymnastics.	Explore the importance of positivity in Gymnastics and beyond.