

GYMNASTICS YEAR 5/6

BUCKS
AND MK



EQUIPMENT

- Floor Mats
- Skipping Rope
- Find an area about 4m long

INSTRUCTIONS

- Team of 6 children
- 3 perform the Body Management routine, 3 perform the Floor routine.
- For the Floor sequence gymnasts have a choice of skills, each gymnast should only perform 6 elements
- Video and submit your best 3 gymnasts from each routine, this will form your 6 piece team

SCORING

Each routine will have a start score of 10. Points will be deducted for technical, general and composition penalties. Each gymnast's score will be added together to provide an overall team score.

VIDEO LINK

Body Management Video:

<https://www.youtube.com/watch?v=3qsZRRN90HA>

Floor Video:

https://aspiregymnasticsclub.org/wp-content/uploads/2018/06/Floor_Exercise_Key_Step_3.mp4

TOP TIPS

- Choose the skill that you can perform with the most control
- Make sure you hold your moves
- Try and link them together without taking extra steps

INCLUSION

Please adapt and individualise to meet your pupils SEND needs. For example:

- Replace the forward or backward roll with a log roll.
- Use bench progressions for cartwheels

If you have any queries please contact:

a.ollier@radcliffeschool.org.uk



BODY MANAGEMENT – YEAR 5/6

BUCKS
AND MK



1
Single bounce skips
with ropes x 10



2
Dish



3
Roll to arch and back
to dish



4
Towards half lever



5
Japana



6
Press up



7
Left splits



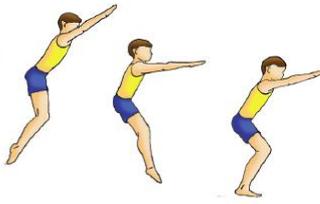
7
Box splits



7
Right splits



8
Bridge

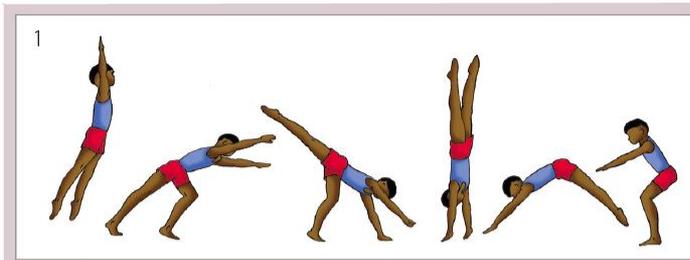


9
Broad jump

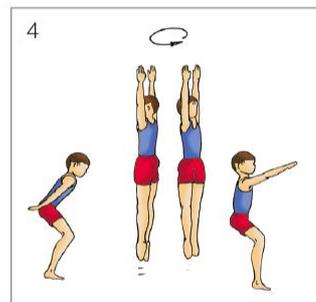
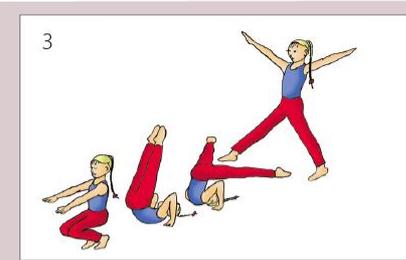
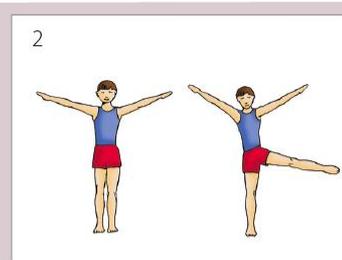


FLOOR EXERCISE – YEAR 5/6

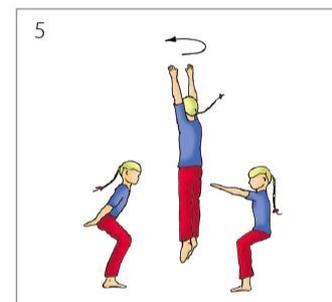
(Sequence performed on a rectangle of mats approximately 8 x 6 metres if possible) - PERFORM 6 SKILLS ONLY IN ANY ORDER



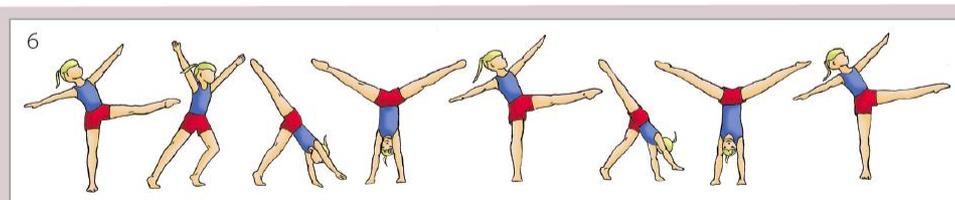
1. Round off
2. Side scale towards Y balance
3. Backward roll straddle
(include each of these elements
in any order in your sequence)



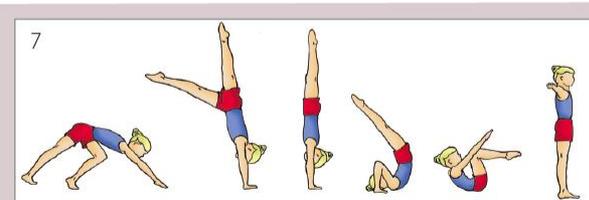
OR



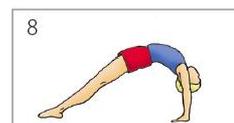
4,5. Full or 1/2 turn jump (choose one
between these 2 elements)



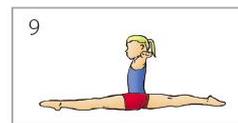
6. Two cartwheels consecutively or
7. Handstand forward roll



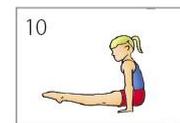
OR



OR



OR



8,9,10. Bridge or splits or 1/2 lever
(choose one between these 3
elements)

For further games and challenges, as well as Secondary level activities please visit:

[www.leapwithus.org.uk/
bucks-mk-virtual-school-games](http://www.leapwithus.org.uk/bucks-mk-virtual-school-games)



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