

# Year 5 – Gymnastics – Counter Balance and Counter Tension

## What it looked like last year...

- Create movements and balances in a bridge shape
- Re-create bridge balances on apparatus
- In pairs, create a sequence using bridge balances and movements.

## Vocabulary (Definitions)

**Balance**

**Travel**

**Sequence** (a few movements linked together)

**Apparatus** (equipment such as a bench)

**Flow** (movements link smoothly)

**Extension** (lengthening the body, arms and legs)

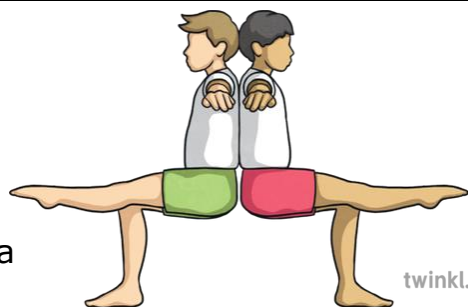
**Level** (high, middle, low)

**Contact Point** (the part or parts of the body touching the floor or apparatus)

**Counter Balance** (when a weight balances another weight)

**Counter Tension** (a counterbalance with a pulling motion)

**Connection Point** (the part of the body where the two individuals touch)



## What it looks like next year...

- Develop matching and mirroring movements and balances.
- Create a sequence that moves on and off apparatus using mirroring and matching.
- Apply the concepts of 'flow' and 'excellent gymnastics' to everything.

## Sequence of Learning

1. **Introduction to counter balance** (I can explore the new concept of counter balance).
2. **Application of counter balance learning onto apparatus** (I can transfer my counter balance onto apparatus).
3. **Sequence formation** (I can develop my sequence using the concept of excellent gymnastics).
4. **Counter tension** (I can explore the new concept of counter tension).
5. **Sequence completion** (I can complete my sequence).
6. **Performance** (I can perform my sequence and offer feedback to others').



## Cultural Capital

- I am able to create counter balances and counter tension successfully and apply them to a sequence.
- The real life knowledge that links is: body control, collaboration and teamwork, shape and symmetry, forces.
- The jobs it can be used in are: professional athlete, fitness instructor, sports coach.