

P.E.

Year 6 – Gymnastics



About this Unit

Gymnastics is made up of a range of movement skills including balances, jumps, rolls and shapes.

Knowledge & Skills

Knowledge:

Use clear shapes when performing other skills. Spreading your weight across a base of support will help you to balance. Apply force to maintain control and balance. You can use momentum to help you to roll. This momentum will come from different body parts depending on the roll you are performing. Taking off from two feet will give you more height and therefore more time in the air.

Skills:

I can combine and perform gymnastic actions, shapes and balances with control and fluency.

I can create and perform sequences using compositional devices to improve the quality.

I can work collaboratively with others to create a sequence.

I understand what counter balance and counter tension is and can show examples with a partner.

Golden Threads

Motor competence

- straddle roll
- forward roll
- backward roll
- counter balance
- counter tension
- bridge
- shoulder stand
- handstand
- cartwheel
- flight

Healthy participation

How will this unit help your body?

Balance, co-ordination, flexibility and strength

Rules, strategies and & tactics

Use changes in formation to help make your sequence look interesting.

YEAR 3

I can adapt sequences to suit different types of apparatus.

I can choose actions that flow well into one another.

I can complete actions with increasing balance and control.

I can use matching and contrasting actions in a partner sequence.

YEAR 4

I can plan and perform sequences with a partner that include a change of level and shape.

I can safely perform balances individually and with a partner.

I understand how body tension can improve the control and quality of my movements.

YEAR 5

I can create and perform sequences using apparatus, individually and with a partner.

I can use canon and synchronisation, and matching and mirroring when performing with a partner and a group and say how it affects the performance.

I can use strength and flexibility to improve the quality of a performance.

YEAR 6

I can combine and perform gymnastic actions, shapes and balances with control and fluency.

I can create and perform sequences using compositional devices to improve the quality.

I can work collaboratively with others to create a sequence.

I understand what counter balance and counter tension is and can show examples with a partner.

Key vocabulary

Aesthetics: how a performance or skill looks.

Counter balance: creating a balance by pushing against a partner.

Counter tension: creating a balance by pulling away from a partner.

Execution: completing the action.

Flight: time in the air.

Vault: performing an action over a piece of apparatus.