



**PE Topic:** Gymnastics

**Year: 6 Term:** Autumn 1

**Key Knowledge/Content:**

- To apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
- To enjoy communicating, collaborating, and competing with each other.
- To develop flexibility, strength, technique, control and balance.
- To compare their performances with previous ones and demonstrate improvement to achieve their personal best.

**Links to:**

**Prior learning:**

To perform shapes and partner balances accurately.

**Future learning:**

To explore ways of rotating including forwards, backwards & cartwheels.

**Key vocabulary with definition:**

**Prior vocabulary:**

- Co-operate – Work with someone else.
- Performance – A prepared show.
- Audience – People watching a performance.
- Assessment – Look at how successful something is.
- Criteria – Used to assess a performance.
- Imaginative – Create original ideas.
- Parallel – Moving in the same direction.
- Creativity – Use imagination to invent something.
- Dynamics – How a gymnast moves: fast, slow, etc.
- Combination – Putting elements together.
- Refine – Improve a performance.
- Flight – Travel over an area or piece of apparatus.
- Timing – To consider when to do something.

**New vocabulary:**

- Elements – Different moves within a sequence.
- Aesthetically – How something looks.
- Extension – Lengthening muscles or limbs.
- Tension – Tight, controlled movements.
- Inverted – Body is upside down.
- Canon - Gymnasts perform the same movement, but with different timings.
- Counter-tension – Giving equal energy to two opposing body parts.
- Counter-balance – A weight that balances another.

**By the end of this unit**

**All children can: develop** shapes and balances into their own gymnastic sequence.

**Most children can: develop** flight by adding a shape into the middle of their jump.

**Some children can: perform** partner balances with good body tension and clarity of shape.

**Background understanding for teachers and parents:**

This half term is Gymnastics, with a focus on flight. The children will have the opportunity to work independently, in pairs and in small groups and to perform in front of an audience.

**Curriculum Driver (one):**

Communication

**Evidence outcome:**

To put forward their own ideas and listen to others. They will also discuss and evaluate their own and others' performances using key vocabulary.