



Subject: PE Topic: Gymnastics Year Group: Year 6

What I should already know:

- Understand and demonstrate synchronised actions, shapes and balances
- Develop individual, paired and group sequences applying a range of compositional elements and apparatus
- Understand and demonstrate canon within sequences showing fluency and clarity of movements/balances
- Vary dynamics – speed, level, direction and pathways to improve performance
- Create criteria to evaluate and suggest improvements for their own and others' performances
- Know and understand the importance of warming up for gymnastic activity and take responsibility for this

Vocabulary:

Counter balance, counter tension, body tension, core, extension, arch, lean, push, pull, grip, trust, dynamics – level, speed, direction, pathways, compositional elements, sequence, balance, explosive movement, match, mirror, synchronised, canon, fluidity, evaluate, improve, variation.

What I will know by the end of the unit:

- To select, combine and perform skills, actions and balances, including some that are inverted
- The basic principles of preparing for activity
- How performance and safety are improved when preparation is carried out properly
- To understand, select and apply a range of compositional principles to develop their own sequences
- To evaluate their own and others' strengths and weaknesses in a performance
- To suggest areas for improvement

Activities I can take part in to achieve my objectives:

- Independent
- Paired