



Subject: PE Topic: Gymnastics Year Group: Year 6

### What I should already know:

- To demonstrate a variety of jumps (legs together/apart) and explore different levels of flight
- Explain what matching and contrasting mean, demonstrating these through their actions, balances and sequences
- Apply jumps to incorporate apparatus into sequences showing fluidity of movement between transitions: movements, balances, rolls and jumps
- Use a range of compositional elements when creating and developing sequences i.e. changes in speed, level and direction
- To show knowledge and understanding of the basic principles of warming up and why it's important for good quality performance
- To evaluate and improve their own and others' performances considering quality and fluidity of movements/balances/jumps

### Vocabulary:

Synchronisation, canon, travels, jumps, rolls, variety, combine, perform, side by side, start/finish together, face to face, direction, level, speed, pathways, actions, shapes, fluent, transition, apparatus, sequence, consecutive movements, partner relationships, together, apart, matching, one after other, experiment, choose, apply, compositional elements, rhythm, group sequence, timing, perform, refine, evaluate, feedback.

### What I will know by the end of the unit:

- 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

### Activities I can take part in to achieve my objectives:

- Teach, explore and practice synchronised movements in pairs on the floor and incorporating apparatus
- Revise canon - explore and practice synchronised movements in pairs on the floor and incorporating apparatus
- Develop fluidity and clarity of movement by practicing, perfecting and performing
- Compose, practice and adapt sequences in pairs and small groups
- Evaluate and make suggestions for improvement to performance inc. changes in dynamic