

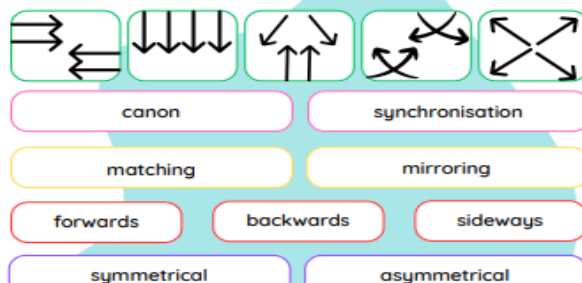
Knowledge Organiser - Gymnastics Year 6

Ladder Knowledge	Shapes:	Inverted movements:	Balances:	Rolls:	Jumps:
	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.

About this Unit

Gymnastics traces its roots back to ancient Greece, where it was a crucial part of physical training. The word "gymnastics" even comes from the Greek word "gymnos," meaning naked, as ancient athletes often practiced in the nude. There are two main types of gymnastics: artistic and rhythmic. Artistic gymnastics includes those jaw-dropping flips and twists you see on the Olympic vault and floor routines. Rhythmic gymnastics, on the other hand, features elegant dance moves and performances with apparatus like ribbons and hoops.

Perfect Performance Tools



Key Skills and Knowledge

Competent learner: Demonstrate effective leadership. Demonstrate improvements to their work. Demonstrate originality, imagination and creativity in techniques, tactics and choreography. Perform and link skills with control and consistency. Perform/complete fundamental sports skills with control

Active & healthy learner: Clearly understand how personal fitness can improve performance. Demonstrate sustained levels of fitness. Remain active for sustained periods of time.

Reflective learner: Consistently improve their work. Describe and comment on their own and others' performance with accuracy of actions. Know what has made their performance effective.

Key Vocabulary

aesthetics: how a performance or skill looks
competent: able to perform
contrasting: different to one another
counter balance: creating a balance by pushing against a partner
counter tension: creating a balance by pulling away from a partner
engage: to activate
execution: completing the action
flight: time in the air
formation: where performers are in the space in relation to others
handstand: an inverted balance in which weight is held on hands
progression: a stage of a skill
refine: to improve the quality
structure: the way in which a sequence is ordered or organised
vault: performing an action over a piece of apparatus

Engaged learner: Compete respectfully and fairly following rules. Eagerly participate in every PE/Sport lesson displaying excellent sporting attitudes. Effectively communicate and collaborate with each other. Work independently for extended periods of time without the need for guidance

Disciplined Learner: Demonstrate self-discipline in all tasks. Show a positive attitude throughout the lesson. Be kind, respectful and considerate when working with others. Show support for their peers. Take responsibility for their own behaviour.