

PE - Knowledge Organiser

Year 6 - Autumn 2 - Gymnastics



Knowledge Organiser Gymnastics Year 6

Ladder Knowledge

Use these performance tools to

improve the quality of your sequences

Inverted movements:

Spreading your weight across a base of support

will help you to

bolonce

Apply force to maintain control and balance.

Balances:

Bolls:

You can use momentum to help you to roll. This momentum will come from different body parts depending on the roll you are performing.

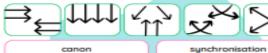
Jumps:

Taking off from two feet will give you more height and therefore more time in the

About this Unit

Gumnastics 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 "gymnas," 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. Phythmic gymnastics, on the other hand, features elegant dance moves and performances with apparatus like ribbons and hoops.

Perfect Performance Tools



canon

matching

forwards

backwards

symmetrical

asymmetrical

mirroring

sideways

Powerful Knowledge

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

straddle roll

- forward roll
- backward roll
- · counter balance

Shapes:

Use clear

shapes when

performing

other skills.

- · counter tension
- bridge
- shoulder stand
- handstand
- cartwheel
- flight

This unit will also help you to develop other important skills.

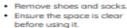
Social work safely, collaboration, communication, respect

Emetional independence, confidence, determination

observe and provide feedback, comprehension, Thinking

select and apply actions, evaluate and improve sequences

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



- Only jump from apparatus
- where you see a mat.

If you enjoy this unit why not see if there is a gymnastics club in your local area.

> How will this unit help your body?

balance, co-ordination.

Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk

Cereal Box Challenge

What you need: an empty cereal bax, one or more

- Place the cereal bax on the floor
- Pick the cereal box up using only your mouth.
 Nothing but your feet can touch the floor.
 If successful tear an inch from the top of the cereal box.
- and play the game again.

 Repeat the challenge, taking an inch from the bax each.

Tap tip: hald onto your leg/s to help you to balance



flexibility, strength Head to our youtube channel to watch the skills videos for this unit.



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