

## **World's End Junior School Knowledge Organiser: Year 6 – Gymnastics**

In this gymnastics unit, children will focus perfecting sequences using all the elements they have learnt in previous years. There will be a particular focus on self-improvement and how to give constructive feedback.

### **Key objectives:**

#### **Objectives to cover during unit of work:**

I can hold a balance for 5 seconds being completely still.

I can extend my fingers and toes to create straight lines in balances and transition between balances.

I can perform fluently and with control, even when performing difficult combinations.

I can perform actions, shapes and balances clearly, consistently and fluently, with good body tension.

I can include a range of jumps and rolls within a performance.

I can perform combinations of balances using actions and agilities that show a clear change of speed, level and direction.

I can use planned variations and contrasts in actions and speed in their sequences.

I can adapt sequences to work with a larger group.

I can vary direction, levels and pathways, to improve the look of a sequence.

I can give feedback on my own and other's performances.

I can use constructive criticism to improve my performance.

### **Key Questions:**

1. How do I decide which element will fit to a particular part of the music?
2. How do I hold good body tension throughout a sequence?
3. When creating a routine to music, how do I ensure the sequence fits in with the music?
4. How will watching a sequence back help me to improve?
5. How do I give constructive feedback?

### **Key Vocabulary:**

Balance

Apparatus

Levels

Sequence

Pointed toes

Pointed fingers

Straight arms and legs

2,3 and 4-point balance

Tuck jump

Pencil roll

Teddy bear roll

Forward roll

### **Health for life:**

At least 30 minutes of continuous movement to increase cardiovascular strength.

### **Strands included in this unit:**

Spirituality

Creativity

Health for life and well-being