

World's End Junior School Knowledge Organiser

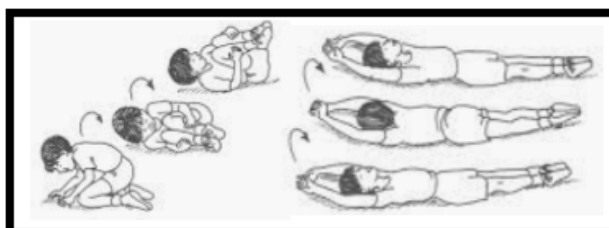
Year 6 - Gymnastics

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.

Balances



Rolls



Movement

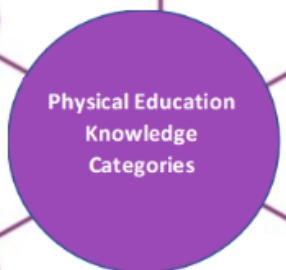
- Perform actions, shapes and balances fluently and with control.
- Perform combinations of actions to show a clear change of speed, level and direction.
- Use variation to contrast actions and speed.

Leadership

- I can lead larger group activities by listening and responding, ensuring the team work together.
- I can allow others to take the lead.

Tactics and Strategies

- Use strategies to transition between balances and perform in unison.
- Use strategies to ensure the movement fits the tempo of the music.



Healthy lifestyle

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

Personal and Social

- Work with a team to adapt a sequence and ensure it works with the tempo of the music.
- Use constructive feedback to improve my performance and others.

Vocabulary

Gymnastics, balance, counterbalance stretch, levels, rolls, jumps, sequence, 4-point balance

Vocabulary explained

Balance: to remain still in a set position for 3 seconds.

Counterbalance: to complete a balance with a partner.

Stretch: to extend the arms and legs when balancing and point fingers and toes.

Pencil roll: rotation of the body sideways when arms and legs are straight.

Tuck roll: rotation of the body sideways when arms and legs are tucked in.

Forward roll: rolling into a ball and moving forwards.

Jumps: a range of jumps creating different shapes with the body.

Levels: Height at which you are performing (e.g.

Low - close to the ground, high – on tip toes).

Sequences: linking together multiple balances and rolls that can be repeated.

4-point balances: balance while having four parts of your body touching the floor.

Tempo: speed of the music.

Professional Gymnastics

Elite gymnasts compete at the Olympics, Commonwealth Games, Worlds and European Championships.

Different types of gymnastics: Artistic, Rhythmic, Trampolining, Acrobatics, Aerobic, Parkour, Tumbling

British gymnasts
Claudia Fragapane and
Kristian Thomas

