



Year 6 Gymnastics unit 1

Key Vocabulary

vault	To jump off a springboard using a running start.
sequences	To perform two or more skills together creating a different combination.
combinations	Different skills performed together.
asymmetrical	To make a shape that is different on either side of the body.
control	To demonstrate strength and body control.
balance	A static position which holds the body in a distinct shape.
strength	To develop muscle size in order to perfect technique.
flexibility	To be able to move a body joint through it's full range of motion.

Unit focus :

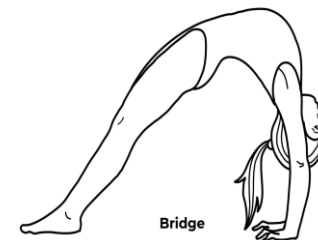
Lead group warm-up showing understanding of the need for strength and flexibility

Demonstrate accuracy, consistency, and clarity of movement

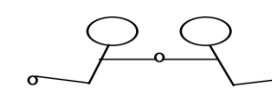
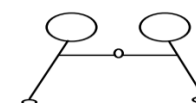
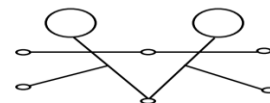
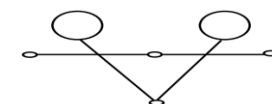
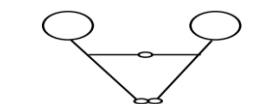
Work independently and in small groups to make up own sequences

Arrange own apparatus to enhance work and vary compositional ideas

Experience flight on and off of high apparatus



Counter Balances



6 hours

Lesson 1

Can I complete a six element sequence containing flight, contrasting shapes, and balances?

Can I take my weight on my hands to land on high apparatus from flight?

Can I include twists/turns and changes of speed and direction?

Lesson 2

Can I dismount from varying heights?

Can I make simple judgments about my own work and choose what level to work at?

Can I make a magic chair landing, jump forwards beyond cone while still maintaining control, increase distance and jump into a balance?

Lesson 3

Can I organise equipment in small groups to create a flight sequence?

Can I express cannon in sequences?

Can I work collaboratively to assign a leader and share ideas for the sequence?

Lesson 4

Can I include a piece of equipment assigned to the group?

Can I refine individual aspects of a sequence including jumps, starting and finishing position and use of cannon?

Can I perform a sequence to an audience?

Lesson 5

Can I devise a pulse raising warm up which develops flexibility?

Can I create a paired flight sequence demonstrating both unison and cannon?

Lesson 6

Can I create a six element sequence including cannon, unison, dismount and a piece of equipment?

English / Maths Links:

Literacy: Work in pairs and small groups to create safe sequences using flight, describe differences between unison and cannon

Numeracy: Judge distances to jump off apparatus, create specified element sequences