



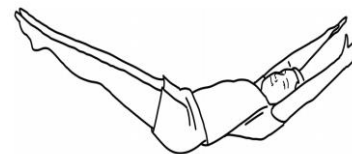
Year 6 Gymnastics unit 2

Key Vocabulary

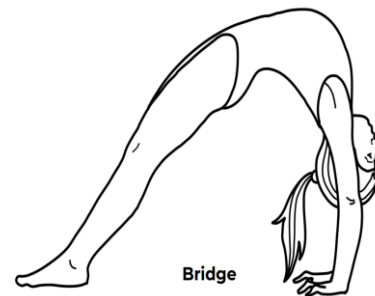
asymmetrical	To make a shape with your body that is the same either side of the body.
strength	To build up muscle to perform gymnastic positions.
bounce	To propel the body into the air.
box splits	Front or forward splits.
half lever	To perform a static hold.
bridge	To balance the body on the hands and feet.
Flight	To leap in the air and rotate one or more times.
dish	To hold the body, sitting with arms past the ears and lie back to form the dish.

Unit focus :

Perform increasingly complex sequences
Combine own ideas with others to build sequences
Compose and practise actions and relate to music
Show a desire to improve competency across a broad range of gymnastics actions

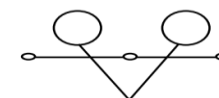
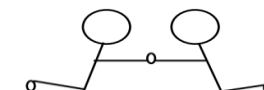
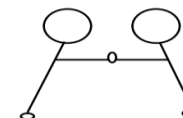
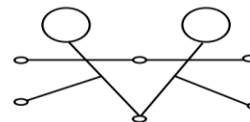
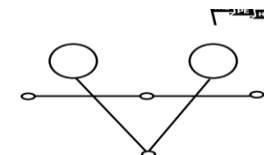
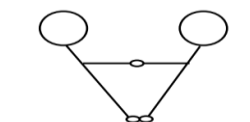


Dish



Bridge

Counter Balances



6 hours

Lesson 1

Can I work collaboratively with others in a small group situation?
Can I create a ten element sequence on floor and apparatus?
Can I include asymmetry in the sequence?

Lesson 2

Can I experiment with a variety of stimuli such as a ball, a hoop or ribbon?
Can I reproduce movements sympathetically to music?

Lesson 3

Can I suggest and decide on four criteria to judge sequences?
Can I create a ten element sequence to be judged against chosen standards?

Lesson 4

Can I work as part of a group to move collaboratively?
Can I create pathways and patterns as a group?
Can I use single action routines to develop pathway sequences?

Lesson 5

Can I work collaboratively with others?
Can I identify and use a variety of compositional ideas?
Can I show an appropriate entrance to the performance?

Lesson 6

Can I create a sequence to music?
Can I perform a sequence to an audience?
Can I perform within a given time limit of 1 minute?

English / Maths Links:

Literacy: Work in groups of four collaboratively to create sequences

Numeracy: Choose appropriate elements for the sequence to last 1 minute. Use a stopwatch to time sequences