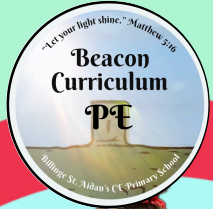


# Year 6 - Gymnastics - HT1



**Prior Learning:** In Year five, children began to develop new jumps (straddle & pike) and leaps (scissor kick). They learned new rolls (t-roll). They also learned new balances (asymmetrical and symmetrical). They began to develop cartwheels on various apparatus. They developed the hurdle step (which helps with vaulting). They also began to squat onto various apparatus using the hurdle step. They have created sequences in groups on various apparatus.

## Key Skills

### Physical Me

#### - Jumps & Leaps



#### - Rolls



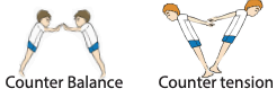
Cat Leap  
Star roll

#### - Vaulting



Squat on and squat through vaults

#### - Balances



Counter Balance Counter tension

#### - Inverted skills



#### - Sequences - in small groups

**Heathy Me:**  
- Know how to warm up my body.

### Thinking Me

- Linking skills
- Evaluate and improve performance

### Value Me

- Courage
- Motivating
- Self belief

### Social Me

- Collaborate
- Communication
- Mini Coach
- Compete

### Inspirational Athlete

Kohei Uchimura:

He is an artistic gymnast from Japan. He has won several medals at the Olympics and Artistic Gymnastics World Championships.



Similarly, Uchimura is considered to be one of the greatest gymnasts of all time.

## Key Vocabulary

Inverted

Momentum

Counter balance

Counter tension

Rhythm

Formation

Aesthetic appeal

Precision

Synchronisation

Speed

## Key Knowledge

**Cat Leap** - Step, lift alternating knees in cycling action to land.

**Inverted skill** - An action where the hips go above the head e.g cartwheel, bridge, shoulder stand, teddy bear roll.

**Counter balance** - A balance performed by a pair of gymnasts who support each other's weight by pushing against one another.

**Counter tension** - Two or more gymnasts perform a balance whilst pulling away from each other or a piece of apparatus, where the weight is not even.

**Formation** - A group of gymnastics positioning themselves in an artistic way.

**Aesthetic appeal** - The performance of the gymnastic sequences should be beautiful to watch.

I can statements	✓ X
Can perform complex shapes when performing Sequences and skills with flexibility	
Perform more complex jumps and travelling on and off apparatus, tuck, pike and leaps scissor kick and cat leap	
Side star roll, T-roll (with pointed toes), backwards roll	
Perform various balances counter balance and counter tension	
Perform a 'squat on and squat off 'apparatus with a run up (with or without a spring board)	
Compete in teams to win points with sequences and a vault competition	
Perform a hurdle step on the floor/springboard and onto apparatus	
Inverted skills shoulder stand, cartwheel, teddy bear roll, head stand, handstand	

Anything else you have learnt? What have you enjoyed?