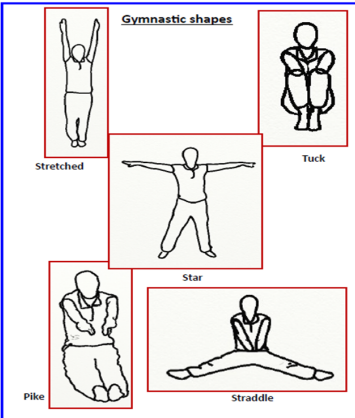



Gymnastics

Year 6: Spring 1

<p>Coverage:</p> <ul style="list-style-type: none"> To develop flexibility, strength, technique, control and balance To compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<p>Knowledge and Key vocabulary:</p> <ul style="list-style-type: none"> Symmetrical balances Five gymnastics shapes: Straight, tuck, star, straddle and pike. Reflect and mirror Travel: forwards, backwards, sideways Change direction Pathways: circles, squares, triangles, diamonds, animal walks. Jump, land and leap Inversion (upside down) 	
<p>Thrive Link</p> <ul style="list-style-type: none"> I can work safely I can work within a team to create a sequence I can follow instructions I can help create rules to keep the lesson safe 	<p>Physical Skills</p> <ul style="list-style-type: none"> I can perform clear symmetric balances I can perform clear symmetric balances using equipment I can travel safely and fluently I can perform a variety of different rolls fluently I can jump, land and leap using different gymnastic shapes fluently I can perform inversion skills with control and fluency I can demonstrate good spatial awareness I can demonstrate warming up and the effect that it has on the body 	<p>Performance Analysis</p> <ul style="list-style-type: none"> I can describe how my performances can be improved I can use gymnastic vocabulary to compare and improve my work I can compare and comment on skills and how they are applied in my own and others' work I can take steps to improve my performance (time, score, balance etc)
	<p>Rolling</p> <p>1) Pencil Roll</p> <ul style="list-style-type: none"> Body Straight Legs together Toes Pointed <p>Make it Harder Try a pencil roll where only your mid section can touch the floor</p> <p>2) Teddy Bear Roll</p> <ul style="list-style-type: none"> Sit in straddle position Legs straight and toes pointed Hands just below knees Back rounded 	<p>Egg Roll</p> <ul style="list-style-type: none"> ✓ Tuck your knees into your stomach ✓ Lock your hands to the front of your shins ✓ Is your head tucked into your chin? 