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| Knowledge Organiser |

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| **Sport focus:** | **Gymnastics** | **Year 6** | **Spring 1** |

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| **Possible Experiences** |

Rhythmic ropes and ribbons

One to two and two to one

Jump to it

Working with a partner

Mirroring a partner

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| **Diagrams and Symbols** |





**What? (Key Vocabulary)**

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| **Spelling** | **Definition/Sentence** |
| **Warm up** | Preparing our bodies for exercise, pumping blood around our bodies faster, to prevent injuries |
| **Accuracy** | The quality or state of being correct or precise |
| **Consistency** | The ability to perform skills / movements correctly over and over again. Impact on Performance. |
| **Composition** | The structure of a routine and how each individual element, movement or skill is arranged into a routine is called the composition of the routine |
| **Routine** | A combination of stunts displaying a full range of skills on one apparatus. |
| **Apparatus** | The equipment used during gymnastic lessons |

**What? (Key Knowledge)**

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| Teaching Points |
| How to perform and create movement sequences with some complex skills (rolls, group balances, headstands, handstands etc) and display accuracy and consistency. |  |
| How to use a wide range of compositional skills in complex sequences alone and in groups. I show an ability to innovate. |  |
| Analyse skills and can suggest ways to improve quality of performance showing sound knowledge and understanding. |  |
| How to lead a group warm up and demonstrate all round safe practice. |  |
| Rules |
| The lesson should always start with a warm up |
| The teacher should always be in a position to view all children working |
| The lesson set out should allow for differentiation |
| Children should be working in bare feet |
| The lesson should conclude with a cool down |
| Questions  |
| Q. When looking to improve/ modify your performance, what elements could you focus on? A. Speed, level, direction or pathway  |
| Q. How are we able to improve our performance? A. Record each performance, ask another group to watch, if working in a group, half of the group perform |
|  Q. What is purpose of warming up before exercise/ performing?A. To prepare our bodies for exercise/to prevent injuries |
|  Q. Can you name the elements of movement a sequence can contain? A. Travel, turn, jump and balance |