



Coleman Primary School

Key Knowledge Organiser: Year 6- Autumn 2.

Gymnastics: Body Symmetry. Create and perform a floor and apparatus sequence of at least 8 gymnastics actions showing a variety of clear symmetrical and asymmetrical shapes. Practice and refine the sequence to show consistency in the accuracy and quality of movements.

Key Vocabulary

Symmetrical/asymmetrical	having the same shape on both sides of our body/having different shapes
Rolls: rock n roll, egg, log, dish, teddy bear, forward/backward	In which the body moves along a surface, turning over many times
Jumps: straight, star, tuck, pike, straddle	2 feet to 2 feet movement in which the whole body leaves the ground
Slides: e.g. tuck sit slide to pike sit pushing off hands and feet	to move the body smoothly along a surface in <u>continual contact</u> with it
Spins: e.g. spin on bottom in tuck shape	In which the body turns quickly around a central point
Balances: eg handstand, headstand, frog balance, bridge	Moment of stillness in which the body is held in a shape with the weight taken on one part of the body



Knowledge
 *To know that controlled symmetrical shapes can be made with the body
 *To know the basic gymnastic positions of pike, tuck, straddle, roll
 *To know that moments of stillness or balances can be used in performance.
 *To know that gymnastics actions can be linked into individual, pair and group sequences.
 *To know that gymnastic sequences can be modified and improved based on feedback and observations

Dance/movement Skills:
Dance skills learned prior to this unit:
 I am starting to copy, remember, explore and repeat increasingly complex gymnastics actions with some control, co-ordination, quality and clarity **(Year 5)**
 I am beginning to identify and act upon criteria to refine, improve and modify gymnastics actions and sequences **(Year 5)**
Dance skills learned in this unit:
 I can copy, remember, explore and repeat increasingly complex gymnastics actions with control, co-ordination, quality and clarity.
 I can select and link increasingly complex gymnastics actions fluently into individual, pair and group sequences and can apply a variety of compositional ideas.

