



Coleman Primary School

Key Knowledge Organiser: Year 6- Spring 1.

Indoors: Gymnastics – travelling across and through apparatus. In this unit the children will experiment with different ways of using their body to travel through, over, under, across or around a variety of different items of gymnastic apparatus both large and small. They will learn to control their movements with increasing skill and confidence and to introduce moments of stillness (balances) into their traversal of the apparatus. They will also have the opportunity to evaluate, refine and improve their movement across the different types of apparatus. The children will learn how to safely handle and use large and small apparatus and the need for health and safety during physical exercise.

Key Vocabulary

Images:

Balance	A position of stillness in which weight is taken on a particular part of the body.
Negotiation	Picking a particular method for travelling across, under, over or through a piece of apparatus.
Fluency	Being able to move gracefully and with control
Travel	To move from one place to another using a variety of methods.
Improve	To make the sequence of movements safer, more suitable or performed with more control.
Refine	Make changes and improvements to the travelling sequence.
Evaluate	To assess your own sequence/performance by observing good practise and refining your own.
Safety	To be able to assemble and transport apparatus with adult supervision and to perform movement and balance sequences without causing danger.
Apparatus	A piece of equipment used in gymnastics.
Point of contact	The point at which body parts have contact with the floor or apparatus being used. There should be at least 3 points of contact with high apparatus.
Levels	Apparatus or parts of a gymnastic sequence which are performed at different heights.
Observe	To watch and understand the performance being modelled by someone else.
Compare	To measure a sequence of movement or balance performed by another person against your own.



Knowledge
 *To know how to negotiate a variety of gym apparatus using control
 *To know how to improve technique on a variety of large and small apparatus
 *To be able to use a variety of large and small apparatus safely

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.
 *I am **beginning to** select and link increasingly complex gymnastics actions fluently into individual, pair and group sequences and can apply a variety of compositional ideas.
 *I am **beginning to** identify and act upon criteria to refine, improve and modify gymnastics actions and sequences.

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.
 *I can identify and act upon criteria to refine, improve and modify gymnastics actions and sequences.

Core task:
 To compose, refine, evaluate and improve a sequence of movements which show a high level of bodily control whilst travelling across a series of different apparatus, both large and small. To gain confidence and control over their movements to come up with increasingly ambitious paths of traversal across the apparatus. To include moments of stillness into their sequence where appropriate.

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