



Physical Education

Gymnastics Year 6

Unit Purpose

The unit of work will challenge pupils' **creativity** as they use and apply their understanding of the different themes and concepts, they have learnt throughout KS2.

Pupils will work in groups to create sequences using different 'Challenge Cards' using both the floor and apparatus.

Inspire Me

Did you know ... Gymnastic uniforms are made up of leotards. Leotard is named after the French acrobat Jules Leotard who lived from 1842 until 1870. He made the uniform popular but did not invent it.



Key Success Criteria

- P** Pupils will create and design sequences following the different challenge cards, executed with accuracy and fluidity using a range of apparatus.
- C** Pupils will effectively apply life skills such as reflection and decision making as they identify strengths and weaknesses in their sequences and find ways to improve.
- S** Pupils will demonstrate respect and trust as they give and receive constructive feedback in order to improve their sequences and performances.
- W** Pupils will consistently take responsibility and apply self-discipline as they perform their sequences and receive feedback.

Vocabulary for Learning

Excellent gymnastics: 'Excellent' refers to when pupils are being silent, extending their fingers and toes and when they make a shape/balance, which they are able to hold still for at least 4 seconds.

Sequence: This is a combination of controlled movements, balances or actions that have been added (linked) together in a particular order.

Flow: This is when a gymnast moves from one action to another without stopping.

Levels: This refers to when a gymnast is creating movements and balances that are performed using different heights either on the floor or on apparatus.

Direction: This refers to when a gymnast changes the course along which they were moving.

Unison: Unison is where pupils perform the same movement at exactly the same time as each other.

Canon: Canon is where pupils perform the same movement one after the other.

Creativity: Creativity is the way a gymnast chooses to execute the sequence using the apparatus and compositional themes.

