



P.E.

Gymnastics
(matching and mirroring)

Year 6

Autumn Term 1

Skills

- 8 to 10 elements *e.g. start on the floor, move onto apparatus, finish on the floor.*
- twisting turning, flight, changes of direction and speed, and contrasting shapes and balances.

Key Knowledge

Show an awareness of factors influencing the quality of performance and suggest aspects that need improving.

Arrange own apparatus safely to suit the needs of the task.

Use own criteria to judge performances.

Develop and maintain correct joint alignment in their own and others' performances/technique.

Sequence of Practical Experiences

develop a gymnastic sequence using matching and mirroring actions

develop gymnastic sequences with a partner using more challenging matching and mirroring actions and be able to watch and describe performances, giving positive

evaluate own and other's work to meet the theme of matching and mirroring

use apparatus effectively through matching and mirroring sequence work

work with others to plan and lead a warm up and devise an inspiring work area using larger apparatus to create sequences that have planned variations, contrasts in actions and speed

practice and refine using appropriate choice of support to improve their performance in order to perform in front of a larger audience

Statutory requirements

- develop flexibility, strength, technique, control and balance [e.g. through athletics and gymnastics]
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Prior Learning

- Partner or small group. 8 elements. *e.g. a combination of asymmetrical shapes and balances, with symmetrical rolling and jumping actions.*
- Include changes of direction and level, and incorporate mirroring or matching shapes or balances.

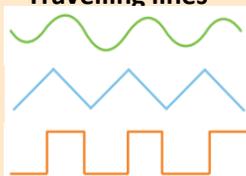
Key Vocabulary

Transition	smoothly going from one movement to another
Counter balance	balance where both you and your partner are doing an equal amount of work to hold each other up
Counter tension	when gymnasts perform a balance which involves two or more of them pulling away from each other (or a piece of apparatus), where the weight is not even

- Strengthening muscles, increasing flexibility, postural muscles, joint mobility, suppleness. High impact, force, absorbing impact.
- Match, mirror, obstacle, straddle over, aesthetic, level, e.g. High, low, medium
- Risks of hyperextending/hyper flexing, ligaments, tendons, joints.

Techniques

Travelling lines



Apparatus



Heads, Hearts, Hands

