



Year: 6

Subject: P.E.

Focus: Gymnastics

Term: Autumn Unit 1

What should I already know?

Created longer and more complex sequences and adapted performances. Taken the lead in a group when preparing a sequence. Can develop symmetry. Can compare performances and judge strengths and areas for improvement.

By the end of the unit I should know

Demonstrate accuracy, consistency, and clarity of movement. Arrange own apparatus to enhance work and vary compositional ideas. Experience flight on and off of high apparatus

Head: Identify strengths and weakness about a performance.

Hand: Experience flight on and off of apparatus.

Heart: Lead group warm up demonstrating the importance of strength and flexibility.

Equipment

Mats, hoops, cones, wall bars, beanbags, low apparatus, action cards, table tops, box tops.

Key Questions

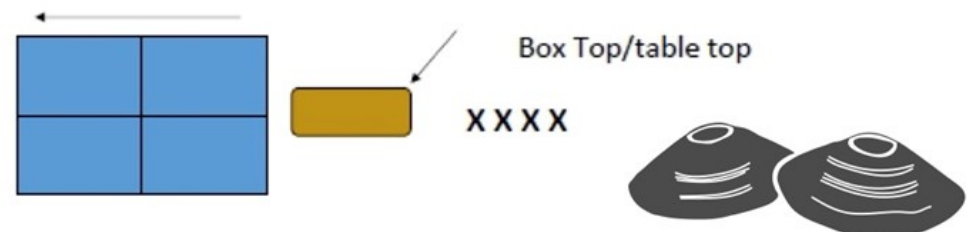
1. How did the warm-up help your performance?
2. Why do unison and cannon work well together in a sequence?
3. What different ways can you include a hoop, ball, beanbag, throw down spots or balls in a sequence?

Vocabulary

Preparing for vaulting.	Flight, consistent, vault, vaulting sequences, combinations, direction, dismount.
Dismounting.	
Including equipment.	
Flight using unison and cannon.	
Introduction of music (ready for unit 2).	

Concept

The vault is an artistic gymnastics apparatus which gymnasts perform on, as well as the skill performed using that apparatus. Vaulting is also the action of performing a vault. Both male and female gymnasts perform the vault.



<u>Question 1</u>	<u>Start of Unit</u>	<u>End of Unit</u>
Don't know		

<u>Question 2</u>	<u>Start of Unit</u>	<u>End of Unit</u>
Don't know		

<u>Question 3</u>	<u>Start of Unit</u>	<u>End of Unit</u>
Don't know		

<u>What I would like to find out?</u>

<u>Answers to my questions...</u>