

Knowledge Organiser Physical Education Year 6 Autumn

Show control and coordination - Gymnastics



St Elizabeth's Catholic Primary School
"Love one another as I have loved you"

Prior knowledge

- Create sequences using apparatus, individually and with a partner
- Lead a partner through a warm up
- Use canon, synchronisation, matching and mirroring when performing with a partner
- Vault
- Cartwheel
- Headstand
- Forward / backward rolls

Physical skills developed in this topic

- Develop control in vault, cartwheel, headstand and forward / backward rolls

Knowledge and skills covered in this topic

- Combine and perform gymnastic shapes more fluently and effectively
- Develop control progressions of cartwheel and headstand
- Develop fluency and consistency in the straddle, forward and backward roll

Key words

Balance: Learning how to hold and control a position

Control: Using muscles to keep arms and legs still

Mat: Spongy mat to practise gymnastics on

Locomotion: Controlled movement

Apparatus: Equipment used to jump onto, jump off, climb on

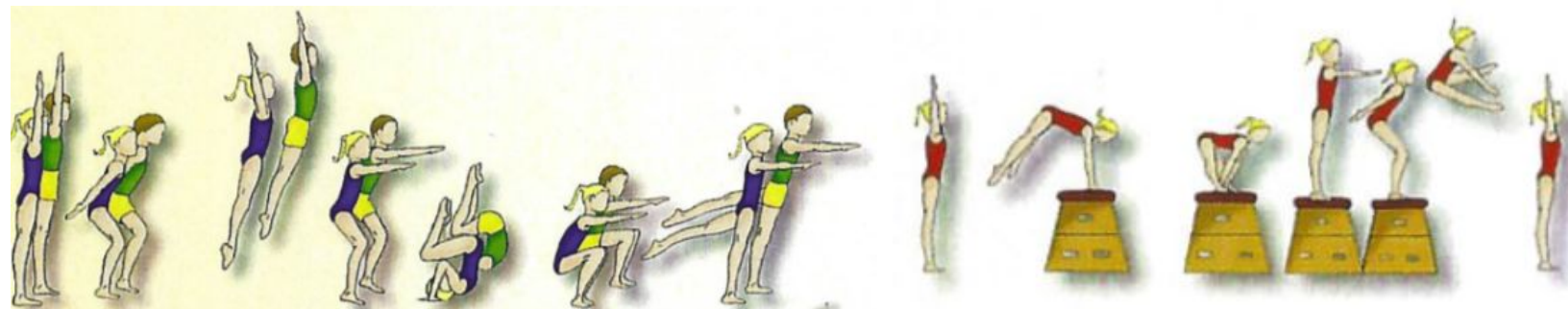
Straddle: Shape with legs apart

Routine: Sequence of shapes linked together, memorised and practiced

Canon (delayed) and Synchronised (same time): Different way of coordinating moves with other children

Wall Bars: Equipment bolted to the wall that can be climbed or swung on

Momentum: Speed of movement



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