



P.E.

Gymnastics

Year 6

Term: 2

**Y6 Skills:**

**Rolling:** egg roll, pencil roll, teddy bear roll, rocking forward roll, crouched forward roll, forward roll from standing, tucked backward roll, straddle forward roll, tucked backward roll, backward roll to straddle, pike forward roll, dive forward roll, backward roll to standing pike, pike backward roll

**Jumping:** straight jump, tuck jump, jumping jack, cat spring, cat spring to straddle, star jump, straddle jump, pike jump, straight jump half-turn, cat leap, cat leap half-turn, straight jump full-turn, split leap, stag leap

**Balancing:** - standing, kneeling, large body part, small body part, on apparatus, matching and contrasting partner balances, 1, 2, 3 and 4- point balances, with and against a partner, part body weight partner balances, controlled and complex part-weight partner balances, group formations

**Shapes:** pike, tuck, star, straight, straddle Front and back support

**Travelling & Linking:** tiptoe, step, jump, hop, hopscotch, skipping, galloping, straight jump, half-turn, chassis steps, cat leap, straight jump full turn, cat leap half turn, pivot, cat leap full turn

- create complex sequences involving travelling, balancing, holding shapes, jumping, leaping, swinging, vaulting and stretching
- demonstrate precise and controlled placement of body parts in their actions, shapes and balances
- confidently use equipment into sequences
- apply skills and techniques consistently, showing precision and control
- develop strength, technique and flexibility throughout performances

**Equipment:**

apparatus mat ribbon vault hoop

**Key Vocabulary:**

sequence routine control turn direction level action pathway rolling jumping travelling balancing shape linking

**Famous Gymnasts:**

Matt Whitlock

Simone Biles