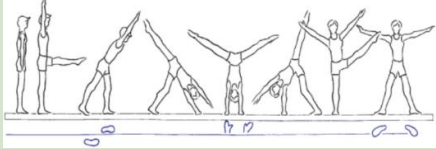


Gymnastic Positions

Handstand



Cartwheel



Counter balance



Counter tension



PE: Year 6 Gymnastics & Dance

Key Skills

To select effectively from a range of shapes, actions and movements.

To use my knowledge of how to develop a sequence to produce a more complex performance.

To identify how I can perform a handstand and a cartwheel.

To explore, combine and perform a range of actions with fluency and control.

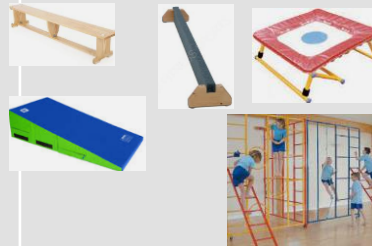
To create, link and structure sections and whole dance routines.

To evaluate and refine the standard of my own work and others'

To use canon and unison to improve the impact of dance.

Equipment/Apparatus

Benches
Beams
Table
Trampoline
Mats
Wedge mat
Climbing frame



Key Vocabulary

Complex performance

A performance including different ways of traveling, shapes.

Handstand

Balancing on one's hands with one's feet in the air.

Cartwheel

A circular sideways handspring with the arms and legs extended.

Symmetrical

A body shape the same on both sides.

Counter balance

A partner/group balancing using a pushing force against each other to remain still.

Counter tension

A partner or group using a pulling force away from each other to remain still.

Compose

To create a gym or dance routine to fit a piece of music.



What I could include in a routine/performance?

Types of rolls

Types of jumps

Counter balance

Counter tension

Apparatus

Floor

