

Year 6 Gymnastics Unit 3

National Curriculum objectives

Develop flexibility, strength, technique, control and balance.

Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Key Learning

- Incorporate stands into cannon and or unison performances
- Perform rotation, balances and stands in unison and cannon
- Perform shoulder, headstands, cartwheels and handstands safely without support
- Perform to roll on, off and over apparatus within routines. Include counterbalances and counter tension balances
- Roll in sequences on, off and over apparatus. Include into partner routines
- Combine balancing & travelling to produce a floor routine including matching. Incorporate apparatus
- Produce mirroring routine with a partner on apparatus

Equipment

- Class set of cones
- Gymnastic mats

Key Vocabulary

Balance: A static (still) position which holds the body in a position.

Bunny hops: Jump forward in a crouched position and extend legs.

Cannon: The same movements but performed at a delayed time, e.g. 5 seconds later.

Cartwheel: A circular sideways handspring with the arms and legs extended.

Donkey kicks: Hands on the floor and jumping slightly (kicking legs back and upward) while keeping arms straight.

Entrance & exit: To start a performance, an entrance is how you mark the beginning and the exit is how to end your routine, e.g. 3 second balance.

Handstand: The body is held straight with arms and legs fully extended, with hands spaced approximately shoulder-width apart and the legs together.

Headstand: Standing on the head with support from the hands, legs steady in the air.

Hips: The bones below the waist and above the legs at either side of the body.

Lead and non-lead: To lead is to be first and take the lead and non-lead is to follow.

Plant: Rooting your position to the spot.

Rolling: rotate in a tuck shape, e.g. **forwards roll** (forward direction) and **backwards roll** (backward direction).

Shoulder stand: A balance on the upper back/shoulder with legs extended upwards in the air.

Star shape: Using extended arms and legs to create a wide X shape with the body.

Start position: The position you plan to be in at the start of a performance/routine.

Tuck: Making yourself small, into a ball shape and hugging your knees to your chest.

Unison: Exactly the same movements, performed at exactly the same time.

Weight on hands: Placing body weight on hands, to help balance or to hold a handstand.

Key Questions

What are the steps to performing a handstand safely?

If I am supporting my partner, where should I be?

What are the steps to performing a cartwheel safely?

How could you improve further for next time?

Safety

- Remove all jewellery including earrings
- Long hair must be tied back
- (safety) Mats used one between two or one per pupil
- Use correct techniques
- Complete a warm-up and cool-down