



Mossfield Primary School Knowledge Organiser

Year 6 – Summer 2



Gymnastics

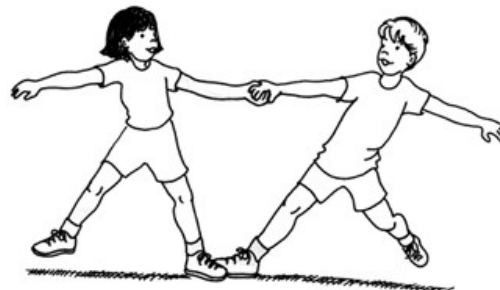
During this unit of Gymnastics children will move using a variety of body parts and apparatus. Children will learn how to use counter balance and counter tension to create sequences with a partner.

Key Learning

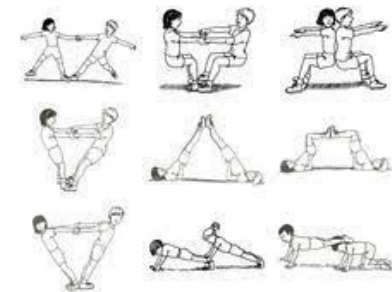
To know, understand and use the terms counterbalance and counter tension.



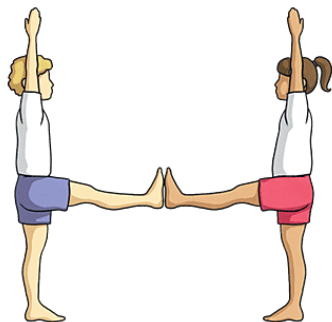
To show counterbalance and counter tension in small groups,



To understand, identify and use a variety of methods moving into and away from balances and link moves.



To link balances with appropriate movements and show variations in shape, level, speed and direction.



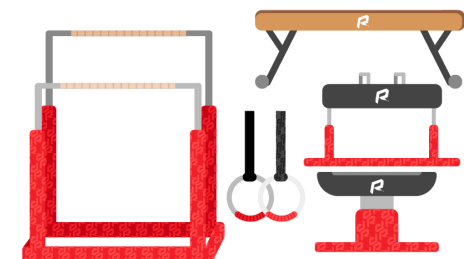
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To know that variations can be developed through changing body shape, being on different levels and pushing or pulling on different body parts.



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To adapt and transfer the skills, principles and sequences onto appropriate apparatus at every stage.



Gymnastics Apparatus

Key Vocabulary

apparatus	The technical equipment needed for a particular activity or purpose.
archway	A curved structure forming a passage or entrance.
balance	Stay in a steady position so that it does not fall.
counterbalance	A weight that balances another weight.
counter tension	Counter tension is when gymnasts perform a balance which involves two or more of them pulling away from each other (or a piece of apparatus), where the weight is not even.
jump	Push oneself off a surface and into the air by using the muscles in one's legs and feet.
mirroring	The reflection or replication of something.
synchronised	Occur at the same time or rate.