



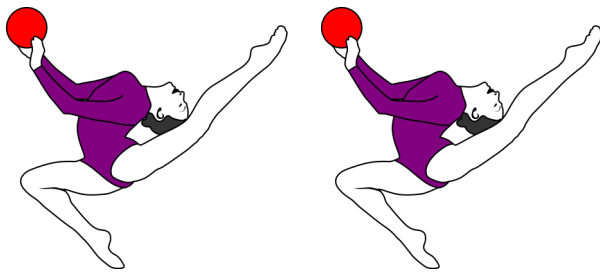
Year 6 – Spring 1

Gymnastics

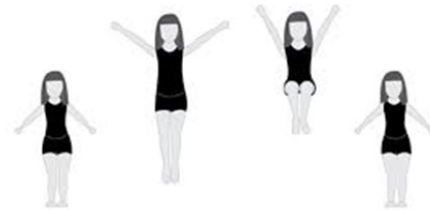
Children will learn how to work with a partner effectively, learning how to work in unison and understanding spatial relationships.

Key Learning

To understand, identify and use the terms synchronisation and canon.



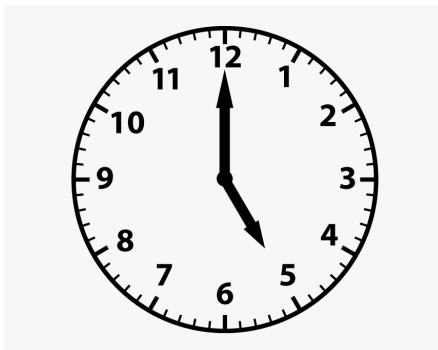
To understand and explore the variations in level, speed and direction when working with a partner.



To join together a series of movements and synchronise them with a partner.



To use rhythm and timing to produce a sequence of canon movement with a partner.



To understand how to produce combined balances.



To adapt and transfer skills, principles and sequences from floor to apparatus at every stage.



Key Vocabulary

apparatus	The technical equipment needed for a particular activity or purpose.
jump	Push oneself off a surface and into the air by using the muscles in one's legs and feet.
synchronisation	To perform in unison.
perform	Present to an audience.
roll	Move in a particular direction by turning over and over on an axis.
sequence	A particular order in which related things follow each other.
canon	Presenting the same physical actions that utilise the same time, spacial and physical configuration, but with a time lapse between start times.