

PE - Gymnastics Swans- Yr 6

Enquiry Questions

Can I show controlled balance whilst traversing the apparatus?

Can I show I can use my strength to control my body in exercises?

Can I show my flexibility during routines on floor exercises or apparatus?

Can I chain different movement patterns together whilst using specific apparatus?

Can I group skills together and show them in the same movement?

Vocabulary

Balance

Strength

Power

Flexibility

Speed

Momentum

Roll

Grip

Coordination

Floor

Mats

Equipment

Apparatus

Traversal

Transitional

National Curriculum Links

Year 6

Pupils should be able to show competency in fundamental skills such as balancing, jumping, co-ordination etc unaided . Pupils should now be competent in chaining together movement skills to highlight what they feel is needed to be successful when performing.

Questions to Consider...

What skills that you learn to use in gymnastics can you also use in other sports and how?

How can we make sure that all equipment and apparatus is safe to use?

How can we practice the skills we have learnt, such as balance, at home, with no equipment?

PE Value for the half term : Self-Motivation & Inclusion

