



Physical Education

Gymnastics Year 6

Unit Purpose

The unit of work will focus on applying "excellent gymnastics" through **matching** and **mirroring** movements.

Pupils will create a **sequence** of movements, bringing together a combination of both matching and mirroring movements, to create a sequence.

Inspire Me

Vitaly Scherbo is a former Belarusian gymnast and one of the most successful gymnasts of all time. Vitaly is the only male gymnast to have ever won a world title in all eight gymnastic exercises.



Key Success Criteria

- P** Pupils will create a sequence containing both matching and mirroring movements, executed with accuracy and fluidity using a range of apparatus.
- C** Pupils will effectively apply life skills such as evaluation and decision making as they identify strengths and weaknesses in their sequences and find ways to improve.
- S** Pupils will demonstrate respect and trust as they give and receive constructive feedback in order to improve their sequences and performances.
- W** Pupils will consistently apply integrity and self discipline as they perform their sequences and receive feedback. Pupils will strive to improve their sequences.



Vocabulary for Learning

Excellent gymnastics: 'Excellent' refers to when pupils are being silent, extending their fingers and toes and when they make a shape/ balance are able to hold it still for at least 4 seconds.

Flow: This is when a gymnast moves from one action to another without stopping.

Levels: This refers to when a gymnast is creating movements and balances that are performed using different heights either on the floor or on apparatus.



Sport Specific Vocabulary

Matching: Matching is where pupils perform exactly the same movements at the same time.

Mirroring: Mirroring is where pupils perform their movements creating a mirror image of each other.

Unison: Unison is where pupils perform the same movement at exactly the same time as each other.

Canon: Canon is where pupils perform the same movement one after the other.

