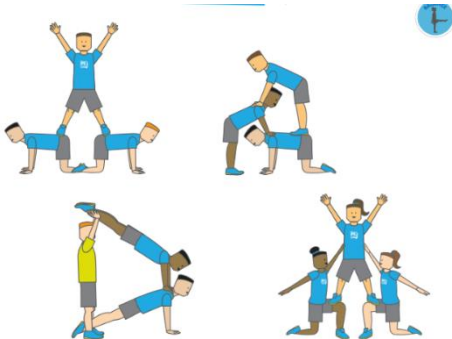


Year 6: Gymnastics skills - alance		
Crucial Knowledge & Skills		Other Key Vocabulary
To complete a warm up to prepare my body for movement.	Key Concepts To build, develop and demonstrate resilience To be knowledgeable about the impact and importance of physical activity on their bodies, health and well-being Counter balances  Counterbalance is when two or more gymnasts use their body weight in opposition to create a stable, balanced position. This involves one gymnast leaning or pushing in one direction while the other does the opposite. 	A counterbalance in gymnastics is a position or movement in which two or more gymnasts use their body weight and strength to balance and support each other while maintaining equilibrium.
To perform a standing, seated and side-by-side controlled counter balance with a partner using the floor.		The canon effect in gymnastics refers to a choreographic technique where a sequence of movements are performed by multiple gymnasts in a staggered or overlapping manner.
To perform a standing, seated and side-by-side controlled counter balance with a partner using the apparatus.		Refine means to perfect a movement or balance to make it look precise, polished and controlled.
To use transitional movements to link a sequence of balances.		Formation is the specific arrangement, shape, or pattern that gymnasts make on the floor relative to each other and the performance space. It describes how you are organised and spaced out (straight line, diagonal, circle) to add interest to your routine and to engage the audience.
To integrate a canon effect movement into a routine showing staggered and precise timings.		
To perform a fluid and synchronised routine performing 3 counterbalance formations.		