

# Year 6 Gymnastics

This term we will continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. We will communicate, collaborate and learn how to improve our skills through gymnastics. In addition, we evaluate and recognise our own successes.

## Gymnastics:

We will learn to develop flexibility, strength, technique, control and balance. In addition, we will compare our performances with previous ones and demonstrate improvement to achieve our personal best.

Key Vocabulary		
rotation	counter-tension	judgement
90, 180 and 270 degrees	tension	sequence
spinning	matching	stamina
axis	flight	core
strength	straddle-over	balance
counterbalance	aesthetic	shape



Self-reflection questions - Year 6 Gymnastics	Yes	No	Working on
Did I learn a variety of body shapes?			
Was I able to perform counterbalance poses?			
Was I able to incorporate twists and turns into my performance?			
Was I able to perform and combine movements with a group?			
Was I able to perform at different speeds, levels and directions?			
Did I travel at different speeds?			
Was I able to perform on the floor and on the apparatus?			
Did I improve my strength and control?			