

## KNOWLEDGE

### Competent learner:

Demonstrate effective leadership  
Demonstrate improvements to their work  
Demonstrate originality, imagination and creativity in techniques, tactics and choreography  
Perform and link skills with control and consistency  
Perform/complete fundamental sports skills with control

### Active & healthy learner:

Clearly understand how personal fitness can improve performance  
Demonstrate sustained levels of fitness  
Remain active for sustained periods of time

### Reflective learner:

Consistently improve their work  
Describe and comment on their own and others' performance with accuracy of actions  
Know what has made their performance effective

### Engaged learner:

Compete respectfully and fairly following rules  
Eagerly participate in every PE/Sport lesson displaying excellent sporting attitudes  
Effectively communicate and collaborate with each other  
Work independently for extended periods of time without the need for guidance

### Disciplined Learner:

Demonstrate self-discipline in all tasks  
Show a positive attitude throughout the lesson  
Be kind, respectful and considerate when working with others  
Show support for their peers  
Take responsibility for their own behaviour

## SKILLS

### Agility

Moving the body from one position to another (changing direction).

### Balance

Centre of gravity over the base of support.  
Counterbalancing with another person or group.

### Co-ordination

Synchronising limbs when performing an action.

### Locomotion:

Pathways – forwards, backwards, sideways and diagonally.  
Turn – change direction: quarter, half, full  
Shape – movement of the body to create a shape (pike, straddle, star, straight, tuck).  
Leap – jump from one foot to another foot.  
Level - change height (high, mid, and low).

### Rotation:

Roll – backwards roll  
Jump – on, off, over apparatus, linked jumps  
Cartwheel – rotate over hands

### Sequencing

Connecting Movements – thinking about level and direction  
Transition - move from one movement to another seamlessly.  
Evaluation – consistent checking and adaptation of movements.  
Style – adapting own personal creativity to a sequence.

### Apparatus:

Small – using objects when moving and balancing  
Large – Balance and move on, over and under apparatus

### Working together:

Mirroring, Matching and Linking – Creating movements together  
Canon – one child moving followed by another and another like a Mexican wave.  
Synchronisation – moving together at the same time to create effect

## EXPERIENCES

Working alone, in pairs, small groups and as a whole class. Performing parts of a sequence and entire sequences to small groups and to the class. Using creative ideas to design new sequences. Using the vocabulary and terminology of Science and Humanities subjects within the routine. Using video to capture and critique own and others performance.

# Year 6 | Gymnastics

KEY VOCABULARY	ASSESSMENT
Assessment areas	Expected
Improve own and others' performance	Take charge demonstrating respect, encouragement and effective communication skills to own group and model etiquette such as applauding.
Performing a range of skills	Show noticeable progress in performing actions and decision making, reflecting on how they have improved since the start of the topic.
Take the lead in a range of situations	Compromising where necessary to allow all group members to feel valued.
Creativity and imagination in choreography	Are inventive with their movements individually and in a group with consistent success.
Improve own and others' performance	Take charge demonstrating respect, encouragement and effective communication skills to own group and model etiquette such as applauding.
Personal fitness	Can relate to strength, flexibility and stamina and discuss how to improve these attributes
Demonstrate sustained levels of fitness	Reference managing energy levels accordingly and give examples for external factors such as diet, sleep and hydration
Consistently improve	Have shown clear progress from the start of the topic to the end
Comment on own and others' performance	Provide specific feedback and offer technical guidance to support, without prompt
Know effective performance	Are able to apply effective strategies and tactics across different activities
Compete respectfully and fairly	Show increasing respect and fair play when an activity is judged by a peer and promote respecting the judge
Sporting attitude	Are an active role model and inspire others to want to achieve
Communicate and collaborate	Actively encourage and motivate all in group/team, despite friendships or ability
Work independently	Keep an activity flowing with a designated judge or lead in place, resolving any conflict when needed
Self-discipline	Find the positive in every situation
Positive attitude	Embrace and welcome change and trying new things
Consideration for others	Offer support to opposing players if they make a mistake
Supporting peers	Demonstrate perseverance and positive attitude if losing
Taking responsibility	Do not blame others for any incidents involving self and others
Additional key vocabulary	Definition
Cartwheel	Rotate over hands
Handstand	Balance on hands holding body weight
Competition	Performing under competition conditions