

Gymnastics

Key Vocabulary for Gymnastics

Inversion – a skill where the gymnast is upside down or in the opposite position.

Symmetrical - a shape that is the same on either side of the body or a mirror image of a partner.

Asymmetrical - a shape that is different on either side of the body.

Formation – a group of people in a particular arrangement or pattern.

Momentum - the product of the body rotating to create movement.

Counter balance – a weight that balances another weight.

Abdominals - muscles that support the trunk and allow rotational movement.

Key Knowledge for Gymnastics

Shapes: know which shapes to use for each skill.

Inverted movements: understand that spreading my weight across a base of support will help me to balance.

Balances: know where and when to apply force to maintain control and balance.

Rolls: understand that I can use momentum to help me to roll and know where that momentum comes from.

Jumps: understand that taking off from two feet will give me more height and therefore more time in the air.

Strategy: know that if I use changes in formation it will help to make my sequence look interesting.

Key Skills for Gymnastics

Shapes: combine and perform gymnastic shapes more fluently and effectively.

Inverted movements: develop control in progressions of a cartwheel and a headstand.

Balances: explore counter balance and counter tension.

Rolls: develop fluency and consistency in the straddle, forward and backward roll.

Jumps: combine and perform a range of gymnastic jumps more fluently and effectively

Strategy: know that if I use different pathways it will help to make my sequence look interesting.

Pillars

Motor Competence - having a secure repertoire of fundamental movement skills and techniques that form increasingly complex movement patterns and sequences within domain-specific contexts.

Rules, Strategies and Tactics - having an increasingly complex tactical knowledge, knowledge of context-specific rules, conventions, regulations and strategies and knowing how to be successful across a range of activities and sports.

Healthy Participation - understanding and demonstrating how to safely prepare and participate in increasingly specific contexts, and the short-term and long-term impacts of sport and physical activity.

PE Year 6: Spring 2

Key Questions

Hockey

When would we use an open or reverse stick dribble?

What makes an effective push pass?

Why is communication an important part of hockey?

Why is space so important when attacking?

How does the timing of a tackle affect the success?

When do we use a block tackle?

Gymnastics

Can we describe different types of rolls?

What makes a quality balance?

How does timing affect the aesthetics of a performance?

What is the importance of trust?

What is the pattern of a cartwheel?

What is the correct landing technique?

How can we make a balance interesting?

How does the use of formation impact upon a performance?

Hockey

Key Vocabulary for Hockey

Consecutive – following each other continuously.

Formation - a strategy based around positions for players to follow during team games.

Conceding – to surrender or yield.

Turnover – a change in the team that possess the ball.

Shut down – reduce the space between a defender and an attacking player.

Ball retention - keeping possession of the ball without focusing on advancing the ball.

Lateral passing - passing sideways to retain possession.

Possession - temporary control of the ball by a player or team.

Tracking – following an opponent's movements closely to prevent a potential attack.

Key Knowledge for Hockey

Sending & receiving: understand and make quick decisions about when, how and who to pass to.

Dribbling: choose the appropriate skill for the situation under pressure e.g. a V dribble in basketball to keep the ball away from a defender.

Space: understand that transitioning quickly between attack and defence will help my team to maintain or gain possession.

Tactics: know how to create and apply a tactic for a specific situation or outcome.

Rules: understand, apply and use rules consistently in a variety of invasion games whilst playing and officiating.

Key Skills for Hockey

Sending & receiving: sending and receiving consistently using a range of techniques with increasing control under pressure.

Dribbling: dribble consistently using a range of techniques with increasing control under pressure.

Space: move to the correct space when transitioning from attack to defence or defence to attack and create and use space for self and others.

Attacking: confidently change direction to lose an opponent

Defending: use a variety of defending skills (tracking, interception, jockeying) in game situations.