



Year 6 - Autumn 2 - PE Knowledge Organiser

What I already know...

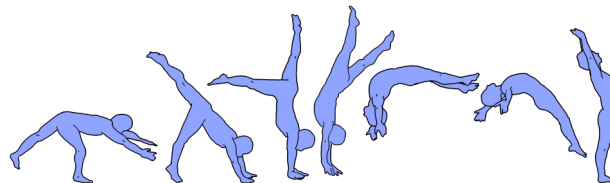
- A range of symmetric and asymmetric actions, shapes and balances
- How to control actions and combine them fluently
- How to match and mirror the actions of another performer
- How to move from floor to apparatus, changing levels and moving safely.

What I will learn...

- Making a sequence and adapting it to different apparatus and layouts
- How to use combinations of movement to use space effectively
- How to plan a sequence and adapt it to limited equipment
- Working as a group and sharing roles fairly
- How to use contrasts and variation in shape, speed, level, timing and actions for effect
- How gymnastics promotes strength, power and suppleness
- How to devise an effective warm up for gymnastics
- How to perform risk assessment on a range of apparatus

Key Vocabulary

Canon	Performing movements with a partner or group but starting at different times to perform one after another.
Control	Awareness and manipulation of physical elements of the body required to execute a skill
Sequence	A combination of two or more skills performed one after the other
Flexibility	A range of motion in and around joints of the body to allow for
Fluency	Actions performed smoothly and gracefully and with neat transitions between movements.
Patches	Larger body parts used for balance e.g. legs, back, stomach
Points	Smaller body parts used for balance e.g. hands, feet, head or



Making a difference at The Merton

We will continue to develop our skills as gymnasts, focusing on performing a variety of floor and vault movements. Children will have the opportunity to choreograph their own sequences and routines, performing individually and as part of a larger group.

We will learn how to perform stag leaps, dive rolls, hurdle steps, cartwheels and round-offs.

Making a difference at home

Explore the difference between artistic, rhythmic and acrobatic gymnastics. If your child would like to explore gymnastics beyond school, find a local club in order to take those first steps, leaps and rolls into the world of gymnastics.

You can find clubs to suit your needs via the British Gymnastics website: british-gymnastics.org/discover/