



PE Knowledge Organiser

Year 6: Spring Term

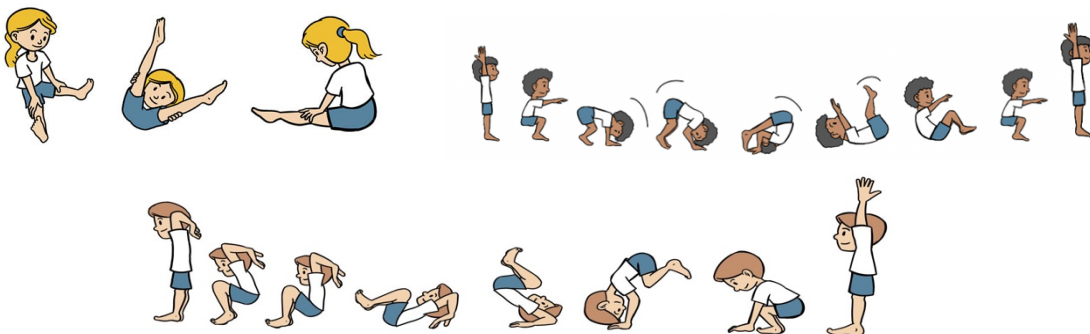
Gymnastics



Key Knowledge and Skills:

Straddle, Forwards and Backwards Rolls:

- Use momentum to help you roll
- Use strong body tension to keep your shape in the straddle roll



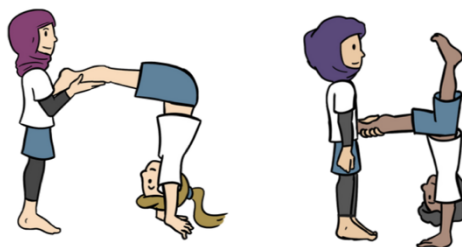
Inverted Movements:



Shoulder stand



Bridge



Handstand

Creating a sequence:

- Use movements and actions that flow easily into one another.
- Use changes in level, direction and shape.
- Move and land with control.
- Have a clear starting and finishing position.

Key Vocabulary:

Counterbalance

Any balance where a person uses another person's weight to stay balanced by pushing against them.

Counter tension

Any balance where a person uses another person's weight to stay balanced by pulling away from them.

Formations

How the gymnasts in a group are positioned in relation to one another.

Extension

Stretching each part of your body as far as you can.

Tension

Holding your body in a tight, controlled position.

Vaulting

An action a gymnast performs by running and then jumping onto a piece of apparatus, using hands first.

Cartwheel progression:



Headstand progression:

