



# Physical Education

## Gymnastics Year 6

### Unit Purpose

The unit of work will focus on applying "excellent gymnastics" through **matching** and **mirroring** movements.

Pupils will create a **sequence** of movements, bringing together a combination of both matching and mirroring movements, to create a sequence.

### Inspire Me

**Vitaly Scherbo** is a former Belarusian gymnast and one of the most successful gymnasts of all time. Vitaly is the only male gymnast to have ever won a world title in all eight gymnastic exercises.



### Key Success Criteria

- P** Pupils will create a sequence containing both matching and mirroring movements, executed with accuracy and fluidity using a range of apparatus.
- C** Pupils will effectively apply life skills such as evaluation and decision making as they identify strengths and weaknesses in their sequences and find ways to improve.
- S** Pupils will demonstrate respect and trust as they give and receive constructive feedback in order to improve their sequences and performances.
- W** Pupils will consistently apply integrity and self discipline as they perform their sequences and receive feedback. Pupils will strive to improve their sequences.

### Vocabulary for Learning

**Excellent gymnastics:** 'Excellent' refers to when pupils are being silent, extending their fingers and toes and when they make a shape/balance are able to hold it still for at least 4 seconds.

**Flow:** This is when a gymnast moves from one action to another without stopping.

**Levels:** This refers to when a gymnast is creating movements and balances that are performed using different heights either on the floor or on apparatus.

**Matching:** Matching is where pupils perform exactly the same movements at the same time.

**Mirroring:** Mirroring is where pupils perform their movements creating a mirror image of each other.

**Unison:** Unison is where pupils perform the same movement at exactly the same time as each other.

**Canon:** Canon is where pupils perform the same movement one after the other.

