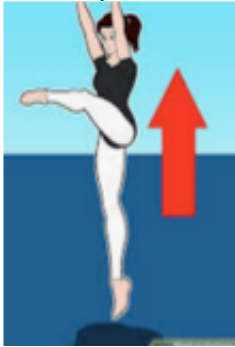



Caroline Haslett Primary School - PE

Topic: Gymnastics	Year 6	Gymnastics
<p>Knowledge</p> <ul style="list-style-type: none"> • Understands the actions needed to start and finish a roll, in different ways, with precision and elegance • Understands how to adapt sequences to include a partner or a small group 	<p>Vocabulary</p> <ul style="list-style-type: none"> • Cat leap - the gymnast takes off from one foot, raising one knee and then the other in a turned out position and the toes pointed.  <ul style="list-style-type: none"> • Hurdle step - the final preparatory step before performing a skill from a run. The purpose of the hurdle step is to properly position yourself for the take-off while maintaining and/or building momentum. In most cases, a hurdle step should be low and long. • Springboard - a strong board used in gymnastics and diving that helps you jump higher than usual. • Handstand - A position with your hands on the ground while your body and legs are upright in the air 	
<p>Activities</p>		
<ul style="list-style-type: none"> • Plan and perform with precision, control and fluency, movement sequences showing a wide range of actions including variations in speed, levels and directions • Repeat accurately a longer sequence with more difficult actions, with an emphasis on extension, clear body shape and changes in direction. 		
<p>Skills</p> <ul style="list-style-type: none"> • Perform a range of rolls showing different entrances and exits • Perform combinations of actions and agilities that show clear differences between levels, speeds and directions, with fluency and accuracy 		