



PE
Year 6

Gymnastics



What is matching? Can I apply "excellent gymnastics" to everything I do and explore the concept of matching?

Can I develop my understanding of mirroring onto apparatus? Can we apply canon and unison movement?

Can I apply "excellent gymnastics" bringing together my matching and mirroring movements, to create a final sequence?

Can I apply two matching and two mirroring movements in any order?

Can I transfer my matching onto apparatus?

Can I explore how the apparatus can change and improve my movements?

What is mirroring? Can we move using a mirroring movement applying canon?

Can we move in a mirroring movement applying unison?

What order are we going to perform movements?

Can I perform my completed sequences? Can I perform and assess my peers following a proforma for assessment?

Celebration/Evaluation

.To perform my sequence in front of my peers.

Key Vocabulary

Excellent Gymnastics, Flow, Levels, Matching, Mirroring, Unison, Canon, Sequence, Direction, Creativity

What to revisit?

Y4 -5—Movements in different directions and heights
Year 3—5—Canon and unison sequences