



Get Set 4  
Education

# Knowledge Organiser

## Gymnastics Year 6

### About this Unit

Gymnastics traces its roots back to ancient Greece, where it was a crucial part of physical training. The word "gymnastics" even comes from the Greek word "gymnos," meaning naked, as ancient athletes often practiced in the nude. There are two main types of gymnastics: artistic and rhythmic. Artistic gymnastics includes those jaw-dropping flips and twists you see on the Olympic vault and floor routines. Rhythmic gymnastics, on the other hand, features elegant dance moves and performances with apparatus like ribbons and hoops.

### Perfect Performance Tools



canon

synchronisation

matching

mirroring

forwards

backwards

sideways

symmetrical

asymmetrical

Use these performance tools to improve the quality of your sequences.



### Key Vocabulary

**aesthetics:** how a performance or skill looks

**competent:** able to perform

**contrasting:** different to one another

**counter balance:** creating a balance by pushing against a partner

**counter tension:** creating a balance by pulling away from a partner

**engage:** to activate

**execution:** completing the action

**flight:** time in the air

**formation:** where performers are in the space in relation to others

**handstand:** an inverted balance in which weight is held on hands

**progression:** a stage of a skill

**refine:** to improve the quality

**structure:** the way in which a sequence is ordered or organised

**vault:** performing an action over a piece of apparatus



### Ladder Knowledge



#### Shapes:

Use clear shapes when performing other skills.

#### Inverted movements:

Spreading your weight across a base of support will help you to balance.

#### Balances:

Apply force to maintain control and balance.

#### Rolls:

You can use momentum to help you to roll. This momentum will come from different body parts depending on the roll you are performing.

#### Jumps:

Taking off from two feet will give you more height and therefore more time in the air.

### Movement Skills

- straddle roll
- forward roll
- backward roll
- counter balance
- counter tension
- bridge
- shoulder stand
- handstand
- cartwheel
- flight

This unit will also help you to develop other important skills.

**Social** work safely, collaboration, communication, respect

**Emotional** independence, confidence, determination

**Thinking** observe and provide feedback, comprehension, select and apply actions, evaluate and improve sequences

### Strategy

Use changes in formation to help make your sequence look interesting.

### Healthy Participation



- Remove shoes and socks.
- Ensure the space is clear before using it.
- Only jump from apparatus where you see a mat.



If you enjoy this unit why not see if there is a gymnastics club in your local area.

How will this unit help your body?

balance,  
co-ordination,  
flexibility, strength

Head to our youtube channel to watch the skills videos for this unit.



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### Home Learning



Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)

### Cereal Box Challenge



**What you need:** an empty cereal box, one or more players.

#### How to play:

- Place the cereal box on the floor.
- Pick the cereal box up using only your mouth.
- Nothing but your feet can touch the floor.
- If successful tear an inch from the top of the cereal box and play the game again.
- Repeat the challenge, taking an inch from the box each time.

Top tip: hold onto your leg/s to help you to balance.



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