

Year 6 P.E.

Autumn 2 and Spring 1 - Gymnasatics

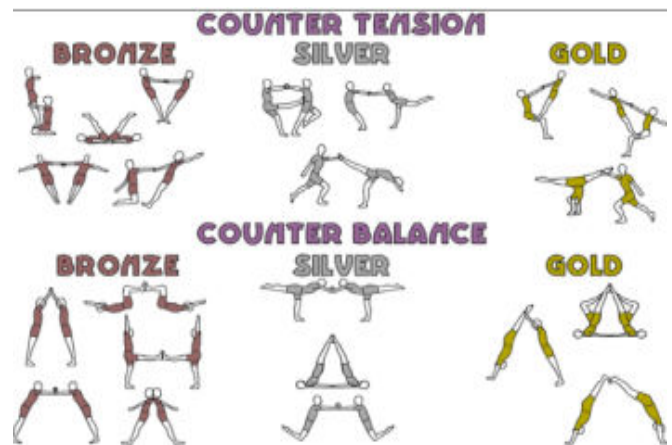


Overview

In this topic, which spans over two half terms, Year 6 children will discover what counter tensions and counter balances are, before working with partners and small groups to create creative sequences of counter tensions and counter balances. Once the children have experimented with different counter balances and counter tensions, they will incorporate apparatus like benches, mats and balance beams to create a sequence of counter balances and counter tensions that include creative transitions. The children will perform their sequences at the end of the unit, where others will evaluate their performance.

Key knowledge - P.E

- I understand the difference between a counter tension and a counter balance explaining the relevant forces.
- I can work with a partner to replicate given counter balances and counter tensions.
- I can work with a partner and small group to create new counter balances and counter tensions.
- I can work with a partner and a group to create counter balances and counter tensions that incorporate apparatus like benches, mats and balance beams.
- I can work with a partner and small groups to plan, rehearse and perform a sequence of counter balances and counter tensions incorporating apparatus and creative transitions.
- I can evaluate my own and others' performances based on agreed success criteria.



Key Vocabulary

Word	Definition
Counter balance	A hold between two or more people based on a pushing force.
Counter tension	A hold between two or more people based on a pulling force.
Extension	Extending or stretching out body parts and pointing toes and fingers.
Sequence	A set or series of moves, balances or tensions that are linked.
Meet	The point at which partners meet together to form balance/tension.
Part	The point when the balance/tension ends and partners separate.
Evaluate	Assessing work or a performance based on your success criteria.
Self-Evaluate	Assessing your own work or performance based on the success criteria.
Transition	A movement or action to link different part of your performance.
Symmetrical	When a partner's image is identical on each side of a dividing line.

Character skills developed in this unit:

- **Resourcefulness**- making positive suggestions to a partner about shapes and balances.
- **Responsibility** - To plan and organise as part of a team so you are sufficiently prepared to perform your work to others.
- **Evaluation** - To recognise areas of strength and weakness in own and others' performances.