



# PE Topic Journey Overview Y6

Y6 PE Topic: Gymnastics

# PE Topic: Y6 Gymnastics Floor Work

<p>Lesson 1 Key Skills: To develop gymnastic floor shapes</p> <p>Activities: Teach children 4 balances: T balance : on one leg, arm and other leg form the horizontal part of the T, Head in line with arm, straight line from fingertip to toe Y balance : on one leg, other leg is raised straight and raised foot is held by hand, pointed toes Frog balance : squat position, rest knees on elbows, tip forward, bent arms, fingers pointing forward, pointed toes Planche balance : squat position, hands taking weight, knees tucked under chin, straight arms, fingers facing forwards, pointed toes Support of a bench for the feet can be used for those that need In pairs children practice the balances and then start to include them in a sequence Outcomes: Children to show and describe the 4 floor shapes</p>	<p>Lesson 2 Key Skills: To develop gymnastic floor movement</p> <p>Activities: Children to practice rolls including forward and backward roll if appropriate. Include diving forward roll where hands reach further forward to travel further Children practice in pairs and build sequence from previous week to include the floor shapes and rolls</p> <p>Outcomes: Children to perform sequence with floor shapes and movement</p>	<p>Lesson 3 Key Skills: To develop gymnastic floor movement</p> <p>Activities: Recap from previous week. Reminder of the 2 types of forward roll and backward roll. Choose good examples to demonstrate. Introduce cartwheel, child to demonstrate. Swing arms above head Hands on floor in opposite direction to feet Kick legs straight up in air Keep arms close to ears Children practice in pairs and if appropriate, can add cartwheel to previous sequence</p> <p>Outcomes: Children develop their sequence from previous week, evaluate and improve</p>
<p>Lesson 4 Key Skills: To further develop gymnastic floor shapes</p> <p>Activities: Remind children how to perform: Headstand : Start with hands on floor ahead of head. Triangle should be formed between the head, fingers and armpits. Knees tuck into tummy before stretching straight. Support against a wall if appropriate Handstand : Start from lunge into handstand. Body stretched from head to toe. Hands shoulder width apart and facing forwards Support with a wall or partner Children practice one or both of these and add them to their previous sequence</p> <p>Outcomes: Children to include an extra gymnastic floor shape into their sequence</p>	<p>Lesson 5 Key Skills: To develop partner balances and trio balances</p> <p>Activities: Give children handouts of some partner balances. Discuss which are easier and which are more challenging. Children practice in pairs. Choose some to demonstrate As above for trio balances working in 3s. Children to be aware of where size of partner will affect the balances they are attempting</p> <p>Outcomes: Children to be able to perform both partner and trio balances</p>	<p>Lesson 6 Key Skills: To link floor shapes and floor movement</p> <p>Activities: Recap on work covered in previous sessions. In pairs or 3s, children to develop a sequence showing floor shapes, rolls, travelling and at least one shared balance Encourage flow and smooth movement between phases. Practice, evaluate, improve and perform</p> <p>Outcomes: Children to be able to perform a smooth flowing sequence of floor shapes and floor movement</p>
<p>Resources: Mats, 1 between 2</p>	<p>After school club</p>	<p>Out of school links</p>

# PE Topic: Y6 Gymnastics : Apparatus Work

<p>Lesson 1 Key Skills: To develop climbing and apparatus skills</p> <p>Activities: Using apparatus, children to explore ways of climbing up, down and traversing apparatus. Look at 3 point holds on the apparatus. Children rotate around apparatus to give variety of opportunity.</p> <p>Outcomes: Children to explore climbing and traversing skills on apparatus</p>	<p>Lesson 2 Key Skills: To develop movement and balance on benches</p> <p>Activities: 4 Benches set up with mats for landing. Set challenges as follows: 1) Mount, straight jump, jump dismount 2) Mount, tuck jump and jump dismount 3) Mount, pike jump and jump dismount 4) Mount, leap, jump dismount Children can add parts such as turns as they jump After all children have done the 4 challenges, in pairs or threes, children to plan a bench routine which involves a mount, a travel, a balance and a dismount jump</p> <p>Outcomes: Children to start to put together a bench routine</p>	<p>Lesson 3 Key Skills: To further develop movement and balance using benches</p> <p>Activities: Set up as previous week. Show how to mount bench with hands on bench, followed by a jump onto the bench to land in a squatting position. Discuss options for controlled moving on the bench <b>Skip</b> <b>Releve</b> : walking on balls of feet <b>Battement</b>: Walk tall lifting legs straight out in front <b>Front Chasse</b>: one leg gallop and other leg catches up Develop sequence from previous week. Practice, evaluate and perform</p> <p>Outcomes: Children to perform a well controlled bench routine</p>
<p>Lesson 4 Key Skills: To develop mounting, jumping and landing using nesting tables</p> <p>Activities: Set out 4 nesting tables with a range of heights. Look at mounting of table by running towards a 2 footed take off, hands on the table, bend knees and land on feet Straight jump off table : full stretch of arms above head before bending knees on landing Tuck jump off table: tight tuck shape in mid-air Straddle jump off table : legs and arms to the side in 'splits' position Pike jump off table : legs and arms stretched out in front Practice all of the above and begin to develop a routine.</p> <p>Outcomes: Children to show different ways of dismounting high tables</p>	<p>Lesson 5 Key Skills: To combine mounting, jumping, travelling and landing using benches and tables</p> <p>Activities: Set up apparatus to include benches and tables in different configurations. Children work in pairs and threes to create a sequence which incorporates different mounting techniques, jumps and balances as practised in earlier sessions</p> <p>Practice, evaluate and perform</p> <p>Outcomes: Children to perform sequence using range of apparatus and techniques</p>	<p>Lesson 6 Key Skills: To perform a sequence for others to include required elements</p> <p>Activities: Discuss mirror and canon (same action followed by another doing the same) Children to consider putting together a sequence which includes at least 6 gymnastics actions including mounting techniques, jumps and balances as practised in earlier sessions. Also to include rolls and partner balances (recap if necessary) Children are given time to practice their sequence and evaluate before the final performance. Remind that 6 elements must be included in the performance and that will be considered by anyone 'judging' Allow time for a final performance from each group at their chosen station. Introduce some elements of class judging if appropriate</p> <p>Outcomes: Children to practice, evaluate, improve and perform a sequence</p>
<p>Resources: Mats, benches, nesting tables, frame</p>	<p>After school club</p>	<p>Out of school links</p>