



Jerry Clay Academy Subject Unit Overview

Subject: PE – Gymnastics **Year Group:** Year 6 **Term:** Autumn

Core Learning of This Unit:

- Make up longer, more complex sequences, including changes of direction, level and speed.
- Develop their own solutions to a task by choosing and applying a range of compositional principles.
- Combine and perform gymnastic actions, shapes and balances.
- Show clarity, fluency, accuracy and consistency in their movements.
- In small groups, prepare a sequence to be performed to an audience.
- Understand the importance of warming up and cooling down.
- Say, in simple terms, why activity is good for their health, fitness and wellbeing.
- Show an awareness of factors influencing the quality of performance and suggest aspects that need improving.

Prior Learning:

- Create, practise and refine longer, more complex sequences for performance, including changes in level, direction and speed.
- Choose actions, body shapes and balances from a wider range of themes and ideas.
- Adapt their performance to the demands of a task, using their knowledge of composition.
- Understand the need for warming up and working on body strength, tone and flexibility.
- Lead small groups in warm up activities.
- Use basic set criteria to make

National Curriculum Statements:

Pupils should be taught to:

- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].
- perform dances using a range of movement patterns.
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Significant People



Beth Tweddle

Beth Tweddle is a retired British artistic gymnast. She was the first female gymnast from Great Britain to win a medal at the European Championships, World Championships and Olympic games.

Key Vocabulary:

- Dynamics
- Combination
- Asymmetric
- Symmetry
- Refine
- Evaluate
- Accuracy
- Suppleness