"Whatever you do, work at it with all your heart"

Colossians 3:23

Gymnastics

Year 6 - Autumn 1 & 2

Key Knowledge:

To know that:

- Hands should be pushed hard into the mat, next to the ears to help rotate a backwards roll.
- It is important to trust each other and communicate well in order to make off the floor balances successful.
- The hand nearest should make contact first when doing a cartwheel.
- Hands should be flat on shoulders, palms up when doing a backwards roll.
- More momentum with the kick when forwards/backwards rolling will help.

Key Vocabulary:

Asymmetrical - A body shapes that is different on both. sides of the centre line.

Symmetrical - A body shape that is the same on both. sides of the centre line.

Combination - using more than one dance move or action one after the other without delay or pause in between.

Counter balance - A force or influence equally counteracting another to regain balance.



