



# Physical Education

## Gymnastics Year 6

### Unit Purpose

The unit of work will focus on applying "excellent gymnastics" through **matching** and **mirroring** movements.

Pupils will create a **sequence** of movements, bringing together a combination of both matching and mirroring movements, to create a sequence.

### Inspire Me

**Vitaly Scherbo** is a former Belarusian gymnast and one of the most successful gymnasts of all time. Vitaly is the only male gymnast to have ever won a world title in all eight gymnastic exercises.



### Key Success Criteria

- P** Pupils will create a sequence containing both matching and mirroring movements, executed with accuracy and fluidity using a range of apparatus.
- C** Pupils will effectively apply life skills such as evaluation and decision making as they identify strengths and weaknesses in their sequences and find ways to improve.
- S** Pupils will demonstrate respect and trust as they give and receive constructive feedback in order to improve their sequences and performances.
- W** Pupils will consistently apply integrity and self discipline as they perform their sequences and receive feedback. Pupils will strive to improve their sequences.

### Vocabulary for Learning

**Excellent gymnastics:** 'Excellent' refers to when pupils are being silent, extending their fingers and toes and when they make a shape/balance are able to hold it still for at least 4 seconds.

**Flow:** This is when a gymnast moves from one action to another without stopping.

**Levels:** This refers to when a gymnast is creating movements and balances that are performed using different heights either on the floor or on apparatus.



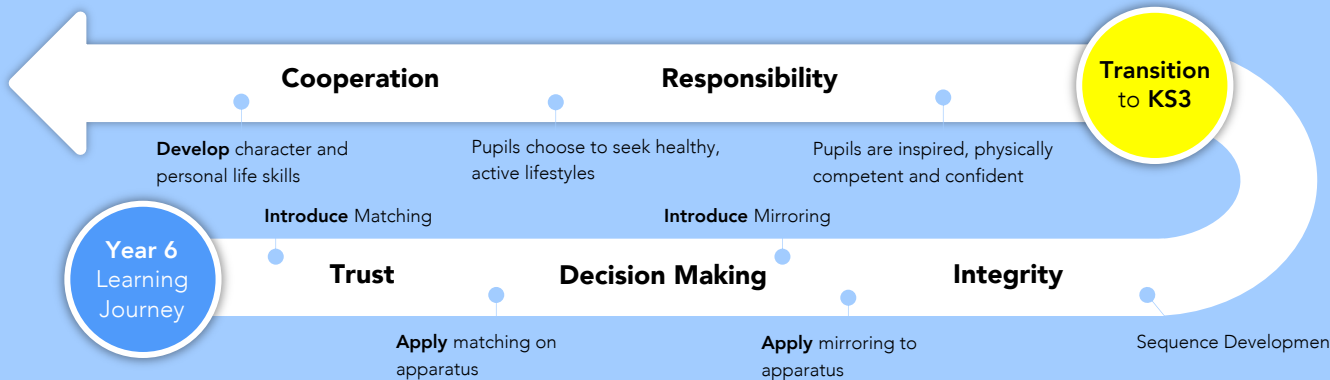
### Sport Specific Vocabulary

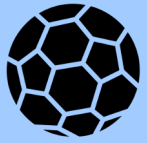
**Matching:** Matching is where pupils perform exactly the same movements at the same time.

**Mirroring:** Mirroring is where pupils perform their movements creating a mirror image of each other.

**Unison:** Unison is where pupils perform the same movement at exactly the same time as each other.

**Canon:** Canon is where pupils perform the same movement one after the other.





# Physical Education

## Handball Year 6

### Unit Purpose

Pupils will consistently apply effective passes, applying **decision making** as to which pass to make and when in order to keep possession and score.

Pupils will **create** and **apply tactics** in games adapting them as the game situation changes.

### Inspire Me

**Cristina Neagu** is a current Romanian handball player and four time IHF World Player of the Year. Cristina has suffered several serious injuries during her career, but still continues to perform at the highest level.



### Key Success Criteria

- P** Pupils will apply a refined understanding of attacking skills to score points against another team, and defensive skills to regain possession.
- C** Pupils will demonstrate resourcefulness and problem solving skills by creating a range of attacking and defending tactics, applying these to their games.
- S** Pupils will effectively apply their tactics, demonstrating a clear understanding of the role each team member will perform and will ensure the team feels motivated.
- W** Pupils will constantly apply life skills such as self motivation and integrity by playing by the rules and leading others by example.

### Vocabulary for Learning

**Tactics:** Tactics are a carefully planned set of actions that are used by a team or an individual to attain a certain goal.

**Transition:** is defined as the process of recognising and responding after losing or regaining possession.

**Counter Attack:** A counter attack is a tactic employed by the team gaining possession who immediately attack after regaining the ball from defending the opponent's attack.

**High Press:** A high press is a tactic applied by the defending team that defends high up the court and inside the opposition's half in an attempt to regain possession quickly.

**Formations:** A formation describes how the attackers and defenders position themselves on the pitch.



### Sport Specific Vocabulary

**Man-to-Man Marking:** is a defensive tactic used where each player is assigned to defend and follow the movements of a particular player on the opposite team.

**Zonal Marking:** is a defensive tactic used where each player marks the space closest to them, marking whichever attacker enters their space.

