

Year 6 - Gymnastics - Matching and Mirroring

What it looked like last year...

- Explore the concept of counterbalances and counter tension balances in pairs.
- Create counterbalances on and off apparatus to form a sequence.
- Apply the concept of flow to a sequence.

What it looks like next year...

- Develop technique and improve performance in other competitive sports.
- Analyse own performances compared to previous ones and demonstrate improvement to achieve a personal best.

Vocabulary (Definitions)

Sequence

Apparatus

Flow

Extension

(lengthening the body, arms and legs)

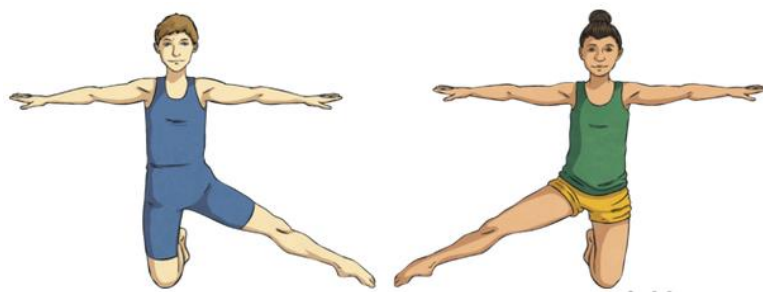
Level

Contact Point (the part or parts of the body touching the floor or apparatus)

Connection Point (the part of the body where the two individuals touch)

Matching (body position is the same)

Mirroring (body position mirrors partners)



Sequence of Learning

1. **Introduction to matching** (I can explore the concept of matching).
2. **Application of matching learning onto apparatus** (I can transfer my matching sequence onto apparatus).
3. **Introducing mirroring** (I can explore the concept of mirroring).
4. **Application of mirroring learning onto apparatus** (I can transfer my mirroring sequence onto apparatus).
5. **Sequence development** (I can bring together my matching and mirroring movements to create a final sequence).
6. **Performance** (I can perform my completed sequence and offer feedback to others).



Cultural Capital

- I am able to create sequences on and off apparatus which include accurate matching and mirroring balances and movements.
- The real life knowledge that links is: body control, collaboration and teamwork, shape and symmetry, forces.
- The jobs it can be used in are: professional athlete, fitness instructor, sports coach.