

Year 6 PE

Spring 1



Gymnastics and OAA

	Key Vocabulary	Definition
GYMNASICS	Balance	The ability to move or to remain in a position without losing control or falling
	Counter balance	The use of an opposing person to balance against each other. It is a push force.
	Counter tension	The use of an opposing person to straighten or elongate something. It is a pull force.
	Shapes	A particular way of holding one's body. This can include the pike, straddle or tuck. See diagrams for images.
	Tension	A force tending to straighten or elongate something
OAA	Cardinal directions	North, East, South, West
	Communication	Giving, receiving, and sharing information. Can be verbal (spoken) or non-verbal.
	Leadership	Taking action to inspire or motivate a group to meet a goal.
	Ordinal directions	North-East, South-East, North-West, South-West.
	Orienteering	Challenging outdoor adventure sport that exercises both the mind and the body.
	Tactical	Thinking and planning strategically to achieve a goal.
	Teamwork	Effective and efficient work within a group.

Shapes in Gymnastics:



Pike



straddle



tuck



front support



back support



dish

Gymnastics uses many shapes. These are some of the shapes that will need to be used in the gymnastic routines.

OAA: Outdoor Adventurous Activities

Work with others to solve problems.

Describe their work and use different strategies to solve problems.

Lead others and be led.

Differentiate between when a task is competitive and when it is collaborative.

Orienteering:

Using basic map skills, including direction, key and navigation.

Teamwork: Makes the Dream Work

One of our Glade Core Values!

To problem solve you need to think through possible problems before arriving at a solution.

You should take on the point of view of every team member.

