

Year 6

PE

Spring 1

Gymnastics

and

OAA

Shapes in Gymnastics:



Pike



straddle



tuck



front support

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.

	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.

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.

