



St Andrew's C of E Maghull
Knowledge Organiser
Year 6 – Spring 1 – PE – Gymnastics



Knowledge:

I can demonstrate accuracy, consistency, and clarity of movement.

I can arrange my own apparatus to enhance my work and performance.

I can experience flight on and off high apparatus.

Skills:

I can prepare for vaulting.

I can dismount.

I can use equipment independently.

I can execute flight using unison and cannon.

Vocabulary:

- **Flight:** The action or process of flying through the air.
- **Consistent:** an action done in the same way over time.
- **Vault:** to leap vigorously.
- **Sequences:** an order in which actions are carried out.
- **Combination:** to join different parts or qualities.
- **Direction:** the course along which something moves.
- **Dismount:** when a gymnast jumps of apparatus to complete a floor sequence.

Lesson Sequence:

Lesson 1: I can complete a six-element sequence including flight, contrasting shapes and balances

Lesson 2: I can dismount from a variety of heights

Lesson 3: I can create a flight sequence in a small group

Lesson 4: I can refine individual aspects of a sequence

Lesson 5: Created a paired flight demonstrating both unison and cannon

Lesson 6: Complete a six-part sequence including a range of movements.