Eversley Primary School– Knowledge Organiser

P.E.	Gymnastics (counterbalance)	Year 6	Spring Term 1

Skills

- 8 to 10 elements *e.g. start on the floor, move onto apparatus, finish on the floor.*
- twisting turning, flight, changes of direction and speed, and contrasting shapes and balances.

Key Knowledge

Show an awareness of factors influencing the quality of performance and suggest aspects that need improving.

Arrange own apparatus safely to suit the needs of the task.

Use own criteria to judge performances.

Develop and maintain correct joint alignment in their own and others' performances/technique.

Sequence of Practical Experiences

investigate different ways of working with a partner through counter balance and counter tension

develop and challenge work on different ways of working with a partner through different relationships and more challenging ways of travelling.

move fluently in and out of balances using apparatus

develop more challenging balances using partner as the base.

use larger apparatus to create sequences that have planned variations, contrasts in actions and speed

evaluate their own and others work and judge the quality of performance against technical and compositional criteria.

Statutory requirements

- develop flexibility, strength, technique, control and balance [e.g, through athletics and gymnastics]
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Prior Learning

- Partner or small group. 8 elements. *e.g. a combination of asymmetrical shapes and balances, with symmetrical rolling and jumping actions.*
- Include changes of direction and level, and incorporate mirroring or matching shapes or balances.

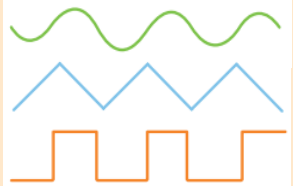
Key Vocabulary

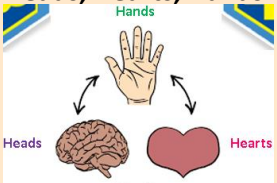
Transition	smoothly going from one movement to another
Counter balance	balance where both you and your partner are doing an equal amount of work to hold each other up
Counter tension	when gymnasts perform a balance which involves two or more of them pulling away from each other (or a piece of apparatus), where the weight is not even

- Strengthening muscles, increasing flexibility, postural muscles, joint mobility, suppleness. High impact, force, absorbing impact.
- Match, mirror, obstacle, straddle over, aesthetic, level, e.g. High, low, medium
- Risks of hyperextending/hyper flexing, ligaments, tendons, joints.

Techniques

Travelling lines



Apparatus

Heads, Hearts, Hands