

PHYSICAL EDUCATION KNOWLEDGE ORGANISER

Year 6 Gymnastics activities – Mirroring

I will learn...

HANDS

to practise ways to make shapes that show mirroring with a partner when face-to-face, back-to-back and side-by-side on floor & apparatus as well as on different levels to a partner.
to practise, perform & refine ways to link partner balances by performing a variety of actions side by side in unison, following/leading, away from & meeting and in canon.
to practise more advanced ways to jump, roll & turn out of partner shapes in unison.

HEAD

to plan sequences with a partner & can think about how to alter it to make performance better both on floor & apparatus.
to discuss how to link balances using travel actions in different ways.

HEART

to show what it means to be safe and follow all instructions.
how to carry and move apparatus correctly and safely with others.
to collaborate effectively with a partner safely whilst sharing space & apparatus.
to compare my performance to my own previous efforts & also to those of others.
to take on the challenge of more advanced & new skills & activities.
how to lead different parts of a warm up.
why exercise is good for my health and well-being.

Key questions: What is mirroring? What quality is needed to make a good shape? How did you decide which shape was best on a certain level? What makes a good sequence? What actions can you perform to link shapes? How did you & your partner work together when travelling? How could you improve your sequence?

Key vocabulary:

Mirror – Two gymnasts make a shape where they both show a reflection of the shape.

Levels – Shapes, linking moves and travel actions can be performed with the body on low, medium and high levels.

Adapt – Change part of a shape or an action that was performed on floor, so it can be performed on, over or along apparatus.

Control – Actions can be started and stopped, shapes can be held still and directions travelled in can be changed efficiently.

Quality – Performing actions and shapes at the best possible standard that a gymnast is capable of.

Observe – Watch other gymnasts perform skills or a sequence to identify strengths and weaknesses.

Evaluate – Receive or give feedback to self / others that makes a judgement on the strengths and weaknesses of a performance.

Improve – Use judgements to make execution of skills or the performance of a sequence better.

Low level



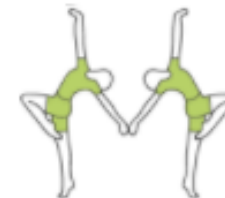
Medium level



High level



Mirroring



Back to back shapes



Side by side shapes

Face to face shapes

