
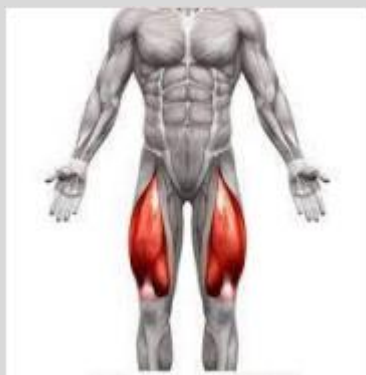


# Year 6: Gymnastics Apparatus

Subject Specific Vocabulary		Important Information	Important knowledge
core stability	The ability to use stomach and back muscles to remain balanced.	 <p>Formation</p>  <p>Quadriceps</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> I can link all skills to create a routine.</li> <li><input type="checkbox"/> I can use music to perform a routine.</li> <li><input type="checkbox"/> I can perform skills alone and with partner support.</li> <li><input type="checkbox"/> I can use equipment to perform different skills.</li> <li><input type="checkbox"/> I can perform individual skills as part of a group.</li> <li><input type="checkbox"/> I can perform and link skills using travelling skills.</li> <li><input type="checkbox"/> I can create a routine from a set list to music.</li> <li><input type="checkbox"/> I can perform skills with control and tension.</li> <li><input type="checkbox"/> I can link skills together confidently.</li> <li><input type="checkbox"/> I can help to coach others whilst critiquing.</li> <li><input type="checkbox"/> I can perform skills as part of a sequence.</li> <li><input type="checkbox"/> I can identify more advanced skills and understand how they link to other skills.</li> <li><input type="checkbox"/> I can perform and refine all skills whilst beginning to link them into a sequence.</li> <li><input type="checkbox"/> I can create and perform a skilled gymnastics routine.</li> <li><input type="checkbox"/> I can add ideas and link more advanced skills together to create a gymnastics routine with equipment.</li> <li><input type="checkbox"/> I can use equipment to help coach and perform in a gymnastics routine to music and use equipment.</li> </ul>
extension	Straightening a joint, increasing the angle of a joint		
dynamic	Controlled movements.		
transition	Linking elements together in a controlled manner.		
precision	To be exact with all body placements.		
formation	How a team will stand when performing.		
composure	Being poised and maintaining a sense of calm and control.		
coach	To help others gain knowledge and skills.		
quadriceps	The main muscles in the thigh.		
critique	To accurately analyse or assess another person.		