

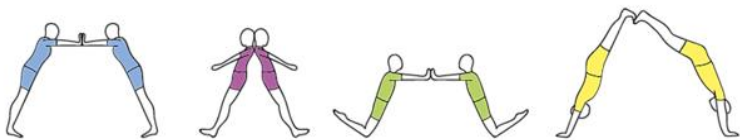
Year 6 – PE Knowledge Organiser – Gymnastics



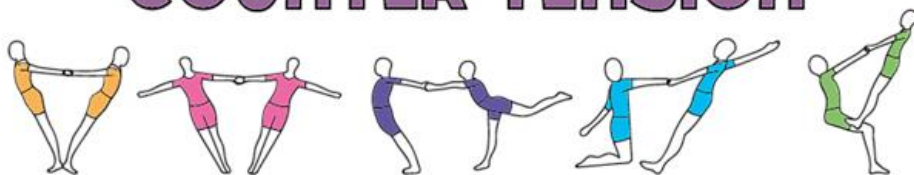
The Basic Shapes in Gymnastics



COUNTER BALANCE



COUNTER TENSION



We will learn how to:

- Perform matched and mirrored shapes
- Perform a counter tension balance with a partner
- Perform a sequence in unison
- Perform a group balance (on and off apparatus)
- Create a sequence with different elements
- Evaluate successes and suggest improvements of our sequences.

Key Vocabulary

Counter balance	A partner/group balance using a pushing force against one another.
Counter tension	A partner/group balance using a pulling force away from each other to remain still.
Contrast	Different movements or shapes within a sequence or to a partner
Matched shape	When two or more gymnasts perform the same movement in the same direction to match each other
Mirrored shape	When two gymnasts perform the same movement but in different directions to create a mirror image of each other
Sequence	A pattern made up of different elements - including travelling, rolling and balancing.
Unison	When gymnasts perform the same movement at the same time

Part Weight Bearing Examples



Matching

Mirroring



Other famous gymnasts:

Olga Korbut - One of the first women to backflip on the beam.



Louis Smith - has ADHD but used gymnastics as a way to help him control it.