



YEAR 6 PE - Knowledge Organiser



Gymnastics



Gymnastics

In gymnastics the children explore large apparatus such as the beam and vault as well as create a routine to music using small apparatus such as ribbons, balls and hoops

Key Vocabulary

Apparatus
Beam
Vault
Floor
Balance
Travel
Jump
Dismount
Flight
Springboard
Squat on
Straddle over
Routine



I can identify different ways to travel along a beam
I can perform a variety of balances and jumps on a beam
I can select and perform a dismount from a beam
I can describe the process and perform a 'squat on' a vault
I can jump from a vault with a safe landing
I can describe the process of a 'straddle over' a vault
I can explore the use of small apparatus when creating a routine



Key Vocabulary

Position
C - Centre
GD - Goal Defence
GA - Goal Attack
GS - Goal Shooter
GK - Goal Keeper
Mark
Defend
Shoot
Off-side
Held ball
Footwork

Netball

In netball the children play games to locate areas that different players are and are not allowed on a netball court. They take part in games to encourage defending and 'marking'.
The children play 5-a-side netball games on a full-sized netball court

Netball



I can name positions played in 5-a-side netball and where they can move on court
I can identify ways to defend during netball
I know that I need to be about 1m away when defending
I can describe how to defend against a shooter
I can describe the rules of 'off-side', 'footwork' and 'held ball'

