

### About this Unit

Gymnastics traces its roots back to ancient Greece, where it was a crucial part of physical training. The word "gymnastics" even comes from the Greek word "gymnos," meaning naked, as ancient athletes often practiced in the nude. There are two main types of gymnastics: artistic and rhythmic. Artistic gymnastics includes those jaw-dropping flips and twists you see on the Olympic vault and floor routines. Rhythmic gymnastics, on the other hand, features elegant dance moves and performances with apparatus like ribbons and hoops.

#### Perfect Performance Tools



canon

synchronisation

matching

mirroring

forwards

backwards

sideways

symmetrical

asymmetrical

Use these performance tools to improve the quality of your sequences.



### Key Vocabulary

**aesthetics:** how a performance or skill looks

**competent:** able to perform

**contrasting:** different to one another

**counter balance:** creating a balance by pushing against a partner

**counter tension:** creating a balance by pulling away from a partner

**engage:** to activate

**execution:** completing the action

**flight:** time in the air

**formation:** where performers are in the space in relation to others

**handstand:** an inverted balance in which weight is held on hands

**progression:** a stage of a skill

**refine:** to improve the quality

**structure:** the way in which a sequence is ordered or organised

**vault:** performing an action over a piece of apparatus



### Ladder Knowledge



**Shapes:**  
Use clear shapes when performing other skills.

**Inverted movements:**  
Spreading your weight across a base of support will help you to balance.

**Balances:**  
Apply force to maintain control and balance.

**Rolls:**  
You can use momentum to help you to roll. This momentum will come from different body parts depending on the roll you are performing.

**Jumps:**  
Taking off from two feet will give you more height and therefore more time in the air.

### Movement Skills

- straddle roll
- forward roll
- backward roll
- counter balance
- counter tension
- bridge
- shoulder stand
- handstand
- cartwheel
- flight

This unit will also help you to develop other important skills.

**Social** work safely, collaboration, communication, respect

**Emotional** independence, confidence, determination

**Thinking** observe and provide feedback, comprehension, select and apply actions, evaluate and improve sequences

### Strategy

Use changes in formation to help make your sequence look interesting.

### Healthy Participation



- Remove shoes and socks.
- Ensure the space is clear before using it.
- Only jump from apparatus where you see a mat.

If you enjoy this unit why not see if there is a gymnastics club in your local area.



How will this unit help your body?

balance,  
co-ordination,  
flexibility, strength

### Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)

### Cereal Box Challenge



**What you need:** an empty cereal box, one or more players.

#### How to play:

- Place the cereal box on the floor.
- Pick the cereal box up using only your mouth.
- Nothing but your feet can touch the floor.
- If successful tear an inch from the top of the cereal box and play the game again.
- Repeat the challenge, taking an inch from the box each time.

Top tip: hold onto your leg/s to help you to balance.



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Head to our youtube channel to watch the skills videos for this unit.



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# Knowledge Organiser

## Dance Year 6

### About this Unit

This unit is inspired by lots of different themes. Here are some that you may explore...



#### STAMP, CLAP

Choreographers (people who make up dances) sometimes don't perform to music.

Dance groups all over the world use everyday items such as brooms, bin lids and basketballs, as well as their own bodies as their stimulus to choreograph dance.

In this theme, you will be choreographing a dance and creating the music yourselves using your bodies.



#### Bhangra Dance

Bhangra is the traditional dance of Punjab in India. It originated with farmers as a folk dance celebrating the time of the harvest. Bhangra is traditionally danced to the dhol drum and has a very energetic and lively tone. It is often danced in circles and uses a lot of arm and shoulder movement.



#### Contemporary

Developed during the mid-twentieth century and has since grown to become one of the most popular genres for formally trained dancers throughout the world.

Contemporary dance is all about self-expression, storytelling, and interpretation.

Contemporary dancers have freedom of movement, allowing their bodies to freely express feelings, characters and events.



- Disco first appeared in the early 1970s in the clubs of New York.
- Flared trousers, wildly-patterned shirts and colourful scarves were popular items of clothes to wear to the disco.
- Disco dance actions involve twists, turns, kicks and lots of struts to the disco beats.

### Key Vocabulary



- action:** the movement a performer uses e.g. travel, jump, kick
- aesthetic:** how a performance or skill looks
- choreography:** the sequence of actions or movements
- dynamics:** how an action is performed e.g. quickly, slowly, gently
- express:** make suggestions
- formation:** where performers are in the space in relation to others
- freeze frame:** when performers create an image without movement
- inspiration:** to take ideas from
- mood:** a state of feeling
- motif:** a movement phrase that relates to the stimulus that is repeated and developed throughout the dance
- phrase:** a short sequence of linked movements
- pose:** a position, usually still
- refine:** to improve the quality
- rehearse:** to practise
- stimulus:** something that creates ideas
- structure:** the way in which a dance is ordered or organised
- style:** the type of dance
- transition:** moving from one action or position to another

### Ladder Knowledge



#### Actions:

Actions can be improved with consideration to extension, shape and recognition of intent. Remember what you are trying to tell the audience when choosing your actions.

#### Dynamics:

Selecting a variety of dynamics in your performance can help to take the audience on a journey through your dance idea.

#### Space and relationships:

Combining space and relationships with a prop can help you to express your dance idea.

### Movement Skills

- actions
- dynamics
- space
- relationships

#### Social

share ideas, collaboration, support, communication, inclusion, respect, leadership

#### Emotional

confidence, self-regulation, perseverance, determination, integrity, empathy

#### Thinking

creativity, observation, provide feedback, comprehension, use feedback to improve, select and apply skill

### Strategies

A leader can ensure your dance group performs together. Keep in character throughout your performance, it will help you to express an atmosphere or mood that can be interpreted by the audience.

### Healthy Participation



You should be bare foot for dance.

Ensure you always work in your own safe space when working independently.

If you enjoy this unit why not see if there is a dance club in your local area.



#### How will this unit help your body?

balance, co-ordination, flexibility.

### Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)



### Word Dance

**What you need:** a book or magazine

#### How to play:

- Open a random page and find 10 action and describing words.
- Create an action or movement for each word.
- Sequence the movements together to create a dance.
- Share your dance with somebody, add music if you would like.

Use a variety of space and levels to make your dance look interesting.



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Head to our youtube channel to watch the skills videos for this unit.



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# Knowledge Organiser

## Tennis Year 6

### About this Unit

Tennis is a net and wall game. It is played over a net with a racket and ball and can be played as a 'singles' (1v1) competition or 'doubles' (2v2) competition.

Scoring in tennis is very strange!

- The first point won is '15,' the second point won is '30,' the third point won is '40,' and then 'game.' E.g. if the server has won three points and the non-server has won one point, the score is 40-15.
- If both players have won the same amount of points, the score is called '15-all,' '30-all,' however, if the score is 40-all it is referred to as 'deuce.'
- To win the game when the score is at deuce, one player must get two points in a row to win.
- The player who wins the point after deuce then has 'advantage.' If they win the next point, they win the game. However, if they lose the next point, the score goes back to deuce.
- If a player has no points it is called 'love'.

It is thought that the scoring system began in the 12th century in France when playing an early version of tennis called Jeu de Paume (palm game).

In this game, a clock face was used as a scoreboard. Each point scored moved a quarter of the way around the clock: 15, 30 and then 45. 45 then became 40 so that deuce could be set at 50. When the minute hand was at the top of the clock, a game was won.

#### Net and Wall Games Key Principles

attacking	defending
score points	limit points
create space	deny space
placement of an object	consistently return an object



Can you think of any other net and wall games that share these principles?



### Key Vocabulary



- abide:** act in accordance with the rules
- appropriate:** suitable approach
- doubles:** two people playing together
- limit:** to reduce
- official:** using the correct scoring system
- placement:** intentionally hitting the ball to a specific place on court
- prepare:** to get ready
- pressure:** to add challenge
- recover:** move back to a ready position after playing the ball
- serve:** used to start a game
- service:** the act of serving or the name of the line the ball must bounce before
- stance:** the body position used
- volley:** to play the ball before it bounces

### Ladder Knowledge



**Shots:**  
Use a variety of shots to move your opponent around court.

**Serving:**  
Begin to apply tactics when serving e.g. aiming to serve short on the first point and then long on the second point.

**Rallying:**  
Use different shots and consider placement depending on if the rally is co-operative or competitive.

**Footwork:**  
Using the appropriate footwork will help you to react to a ball quickly and give you time to prepare to play a shot.

### Movement Skills

- forehand groundstroke
- backhand groundstroke
- rallying
- underarm serve
- forehand volley
- backhand volley

This unit will also help you to develop other important skills.

- Social** support and encourage others, co-operation, collaboration, respect
- Emotional** perseverance, honesty
- Thinking** comprehension, observe and provide feedback, select and apply, use tactics, reflection, identifying areas of strength and areas for development

### Rules

**Win a point if:**

- Opponent hits the ball in the net
- Opponent hits the ball out of the court area
- Opponent misses the ball or it bounces twice
- Opponent does a double fault (meaning if they serve the ball and it hits the net, doesn't land on their opponent's side, they can have another go. If they miss again it is a double fault)

**Serving rules:**

- Ball must bounce over the net and before the service line. If playing on a court with line markings, the ball must also travel diagonally on court into the opposite service box.
- If the ball bounces out or does not go over the net, you have a second serve.
- If the ball hits the net and bounces in, it is called a 'let' and they have their first serve again.
- If a pupil fails to hit their serve 'in' after second serve, the point is awarded to their opponent.
- In a game, you serve for one whole game then switch.

### Tactics

- Tactics are important because they help you to outwit an opponent.
- There are different tactics to use if you are defending or attacking.
- You might use different tactics depending on who you are playing against or the situation.

### Healthy Participation



- Make sure any unused equipment is stored in a safe place.
- Stay a safe distance from one another when using the racket.

If you enjoy this unit why not see if there is a tennis club in your local area.



How will this unit help your body?

agility, balance, co-ordination, speed, stamina, strength

### Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)

### Champ

**What you need:** a ball, some markers or chalk and at least one other person (up to 4)

**How to play:**

- Mark out a square each using markers or chalk.
- One person begins in each section.
- One person begins with the ball and uses the palm of their hand to hit it into any other square.
- If a player hits the ball out of the area or misses the ball, the point is over.
- If playing against one other person keep score.
- If playing with more than two people, number each box one, two and three with box one being the 'champion' box. If a point is scored, you move up a box towards box one.



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### About this Unit

OAA stands for Outdoor Adventurous Activities. These activities can be land based e.g. rock climbing, abseiling, orienteering, they can be water based e.g. kayaking, surfing, sailing or air based e.g. parachuting or paragliding. All of these activities require problem solving, collaboration, decision making and teamwork skills. In this unit, you will learn these skills then put them into practise in orienteering activities.

Orienteering is an activity where participants are given a map and compass. Their aim is to find clues called 'controls'.

Having good map reading skills will become even more important for your adventures, travels, and understanding the world around you.

#### Key features of map reading:

- **Symbols:** maps are like visual dictionaries of the world. They use symbols to represent different features, such as mountains, rivers, roads, and buildings. Learning these symbols is like learning a secret code that helps you interpret the map's information.
- **Key:** a map key is the decoder for map symbols. It's a guide that tells you what each symbol stands for.
- **Scale:** maps often contain scales that help you understand the relationship between distances on the map and real distances on the Earth's surface.
- **Cardinal points:** maps also show directions, like north, south, east, and west. Understanding these cardinal directions helps you orient yourself on the map and in the real world. A compass can be a great tool to find north and determine other directions.
- **Contour lines:** on some maps, you'll see wiggly lines called contour lines. These lines show the shape of the land and help you understand elevation, like hills and valleys. The closer the lines are, the steeper the slope.
- **Reading the grid:** many maps have a grid of lines that look like a checkerboard. These lines help you pinpoint exact locations using coordinates.
- **Map types:** there are different types of maps for different purposes. For example, topographic maps show the physical features of the land, while road maps focus on streets and highways. Knowing which map to use for your needs is an important skill.



### Key Vocabulary

- adhere:** follow the given rules or guidelines
- approach:** a way of dealing with a situation
- cardinal points:** the four main compass directions: north, south, east, and west
- communication:** share information
- contribute:** to give ideas
- critical thinking:** evaluate to improve
- determine:** to create an outcome
- evaluate:** to summarise
- inclusive:** to make something accessible for everyone
- leadership:** guide others
- location:** a point on a map
- navigate:** to plan or follow a route
- orientate:** to turn a map so that it always faces the same way as the ground it represents
- trust:** to believe in others

### Ladder Knowledge



**Problem solving:**  
Being able to solve problems is an important life skill. It helps you to have good relationships with others, be creative and plan logically.

**Navigational skills:**  
Having good navigational skills is an important life skill because it helps to keep you safe and identify dangers and landmarks on a map and in the real world.

**Communication:**  
Good communication skills are key to solving problems and working effectively as a team.

**Reflection:**  
Reflecting on when and how you are successful at solving challenges can help to alter your methods to improve in future challenges.

### Movement Skills

- balance
- co-ordination
- run at speed
- run over distance

This unit will also help you to develop other important skills.

**Social** communication, collaboration, inclusion, leadership, work safely

**Emotional** trust, confidence, honesty

**Thinking** evaluation, reflection, problem solving, comprehension, select and apply

### Rules

Be sure to listen to and understand the rules. Then, think creatively to solve the challenge whilst abiding by the rules.

#### When orienteering:

- Do not leave anyone behind, move around the course as a team.
- If you hear three long whistles go back to the meeting point.
- Do not go outside of your set boundary.

### Healthy Participation



- Listen carefully to safety rules for each challenge considering the space, equipment and other people.
- Work safely around others.

If you enjoy this unit why not see if there is an orienteering club in your local area.



#### How will this unit help your body?

balance, co-ordination, speed, stamina

### Home Learning



Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)

### Hamster wheel

**What you need:** Sellotape, newspaper, 1 or more players

#### How to play:

- Make a giant circle, big enough for all players to stand inside, by sellotaping the newspaper sheets together.
- All players stand inside the circle like hamsters in a wheel.
- Can you work together to move the newspaper like a wheel without it breaking?
- Option to play this lvl. Make two wheels and have a race.



Communication is key!

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