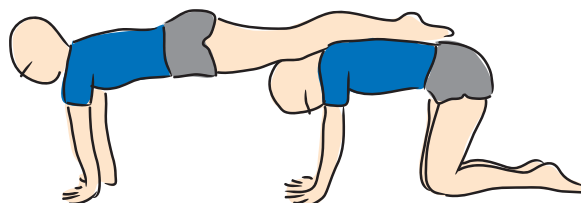
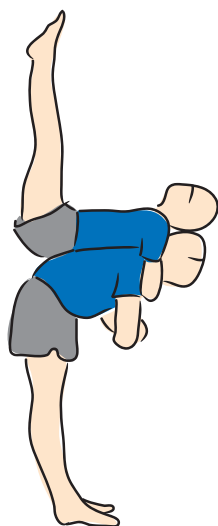
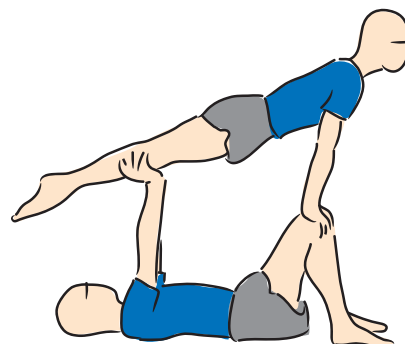
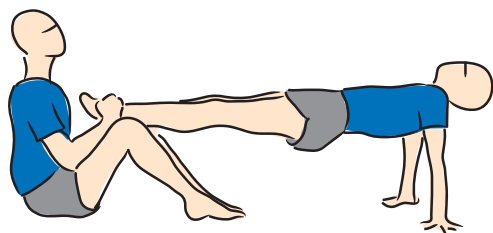


RESOURCE CARD: GYMNASTICS: YEAR 6

RELATES TO: WEEK 1

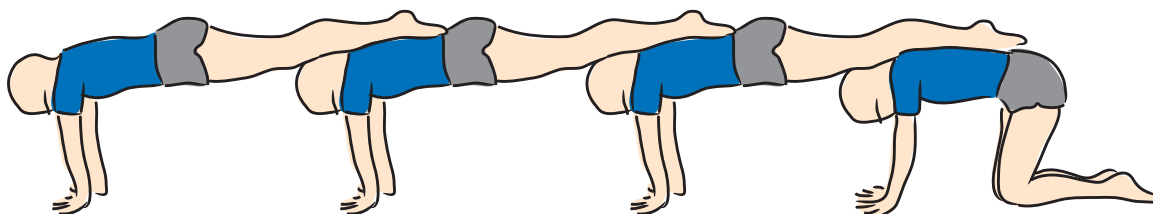
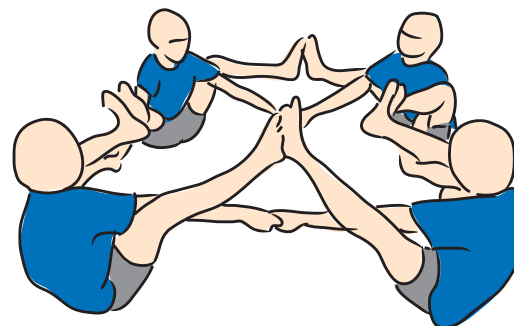
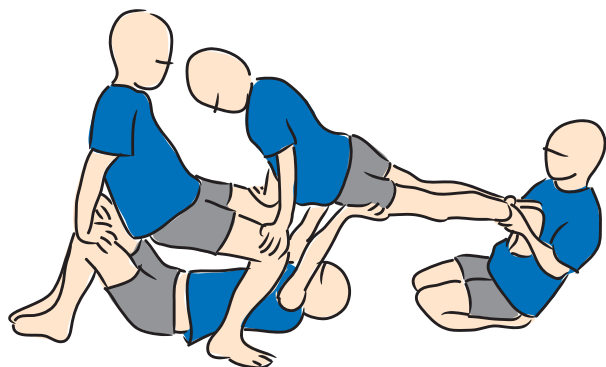
EXAMPLES OF PARTNER BALANCES



RESOURCE CARD: **GYMNASTICS:** YEAR 6

RELATES TO: **WEEK 1**

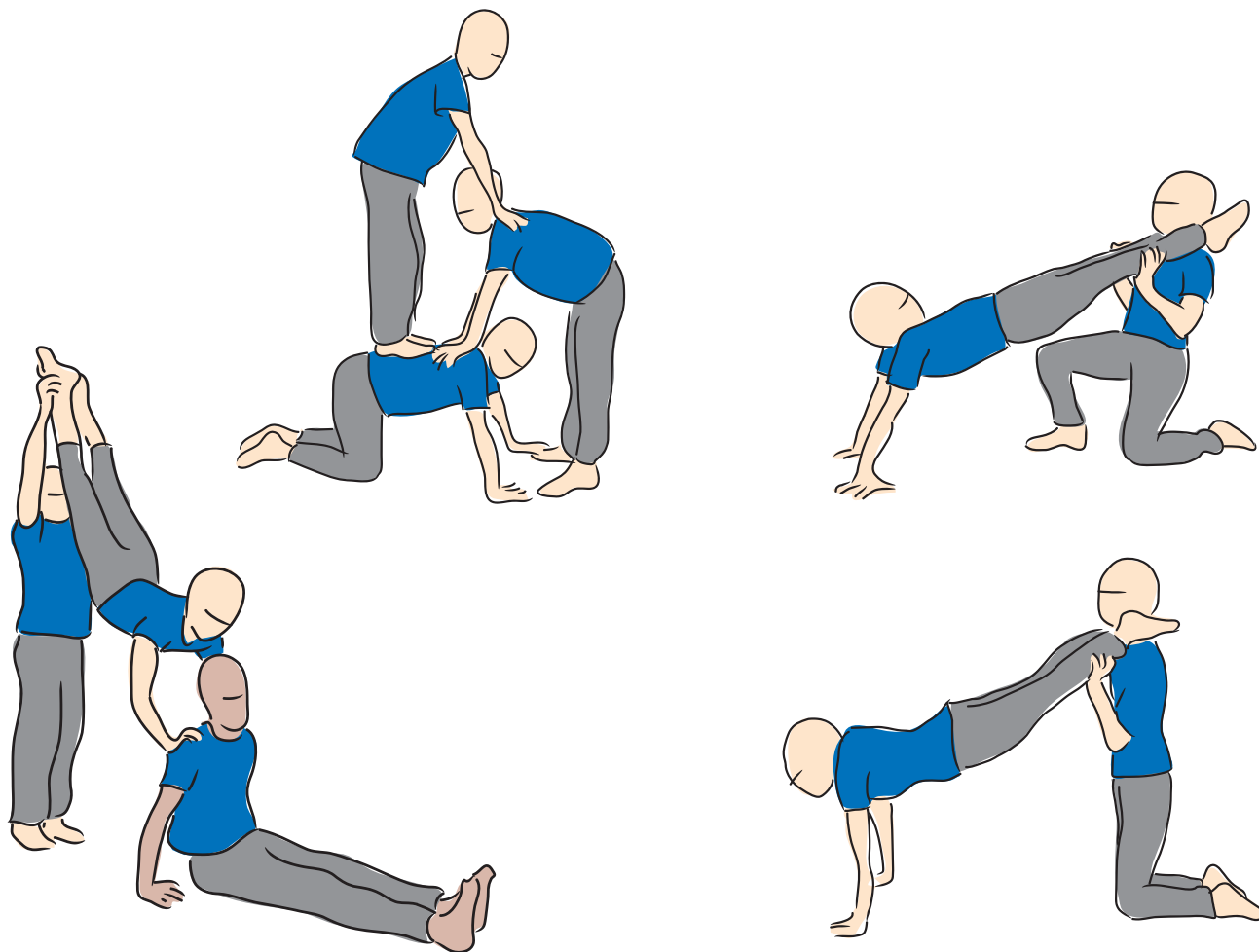
GROUP BALANCES: EXTENSION ACTIVITY FOR THOSE PUPILS WHO NEED CHALLENGING FURTHER



RESOURCE CARD: GYMNASTICS: YEAR 4

RELATES TO: WEEK 2

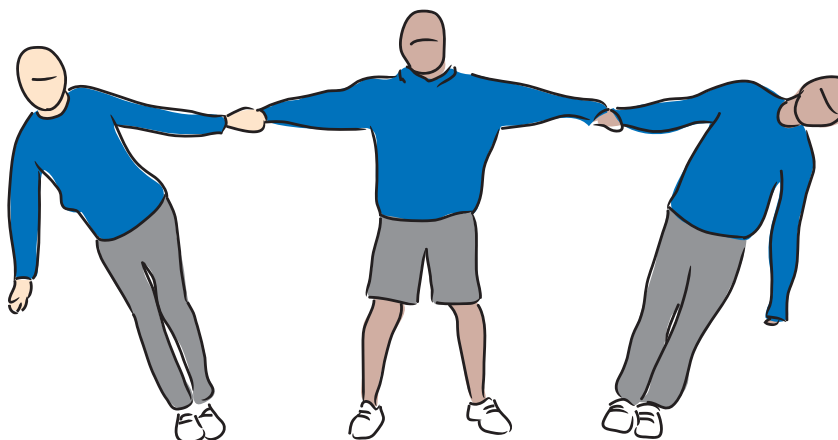
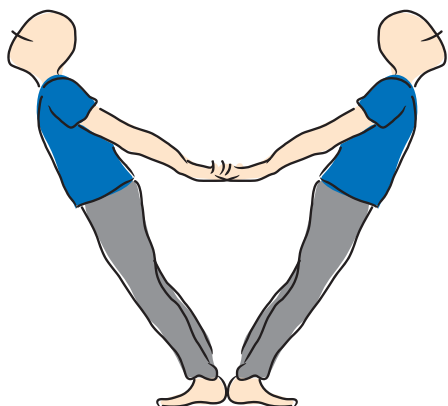
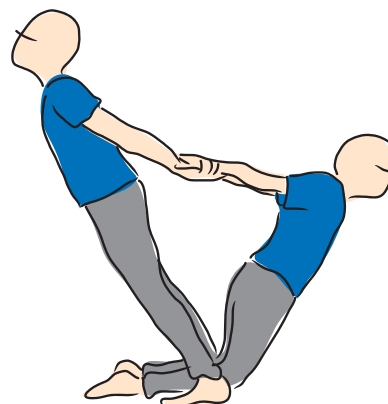
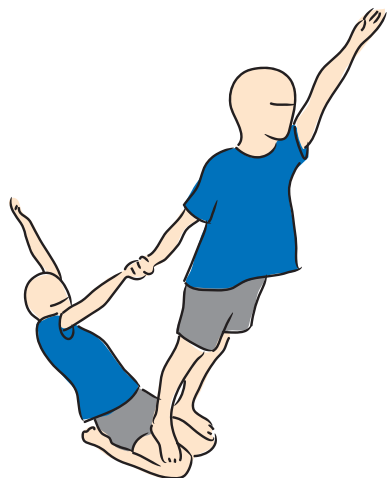
MAIN LESSON: EXAMPLES OF COUNTER BALANCE (PUSHING AGAINST EACH OTHER TO BALANCE)



RESOURCE CARD: GYMNASTICS: YEAR 4

RELATES TO: WEEK 2

MAIN LESSON: EXAMPLES OF COUNTER TENSION (PULLING AGAINST EACH OTHER TO BALANCE)



RESOURCE CARD: **GYMNASTICS:** YEAR 6

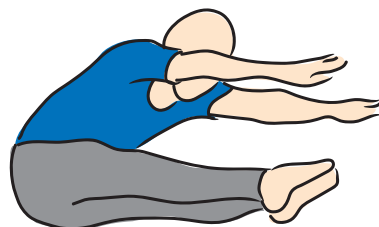
RELATES TO: **WEEK 3**

EXAMPLES OF VARIOUS JUMPS PUPILS CAN PERFORM FROM EQUIPMENT

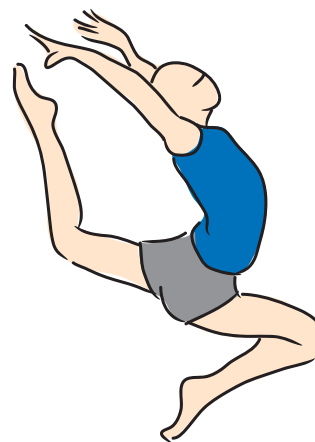
Tuck Jump



Pike Jump



Stag Jump



Straddle Jump

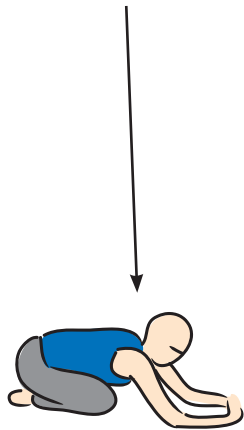


RESOURCE CARD: GYMNASTICS: YEAR 6

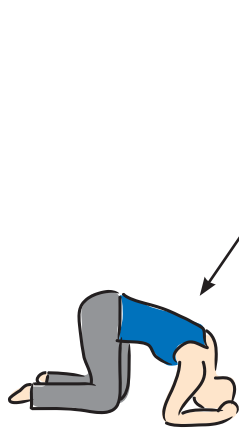
RELATES TO: WEEK 4

MAIN LESSON: THE HEADSTAND TECHNIQUE

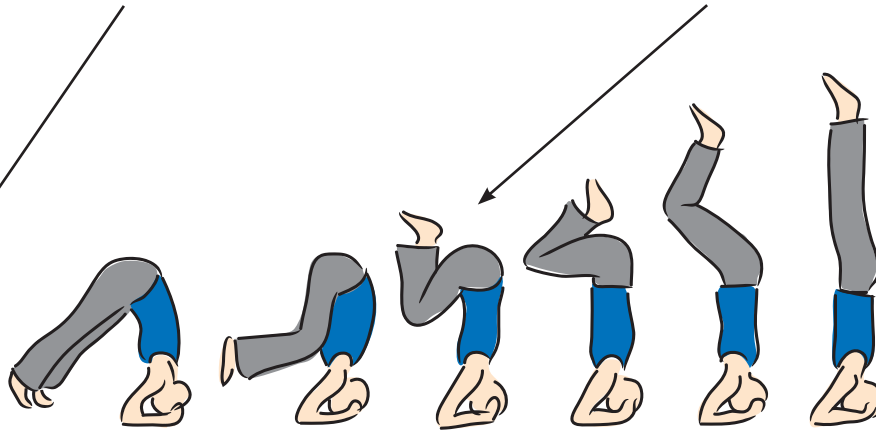
Step 1: Pupils start with their elbows on the floor making a triangle shape with their arms.



Step 1: Pupils place their forehead on the floor and raise their hips high into the air.



Step 3: Pupils attempt to slowly lift their feet off the floor and tuck their knees in, keeping their back straight.



SAFETY:
Never attempt to do the headstand without first trying it with a partner supporting you!

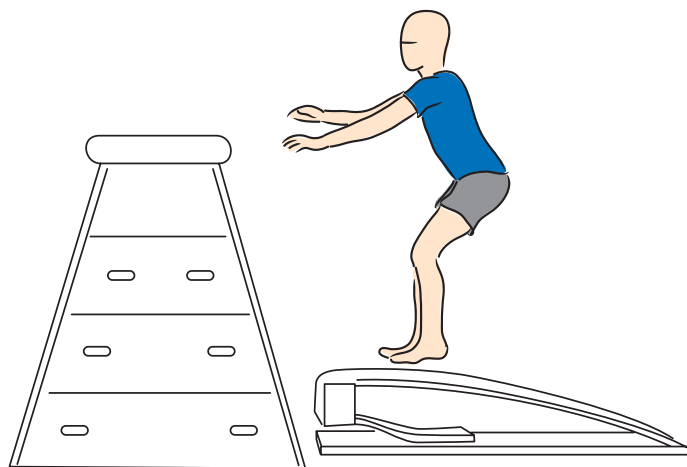
Step 3: Pupils can slowly raise their feet up to make a straight line down their bodies.

RESOURCE CARD: **GYMNASTICS:** YEAR 6

RELATES TO: **WEEK 5**

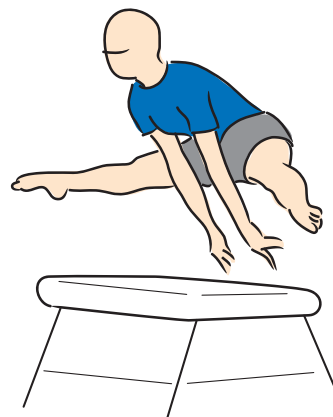
MAIN LESSON: HOW TO PERFORM A BASIC VAULT

Step 1: The approach



Pupils are to run up to the springboard at speed and reach their hands out, ready to place them onto the box top.

Step 2: The vault



Pupils can start off by lifting their knees onto the box top, then onto their feet. Then if they can jump over the box top with their legs in straddle, that is great!

RESOURCE CARD: **GYMNASTICS:** YEAR 6

RELATES TO: **WEEK 6**

AN EXAMPLE OF A MARK SHEET FOR PUPILS TO PEER ASSESS

GROUP	FLUENCY	POSTURE	SKILLS	OVERALL PERFORMANCE	TOTAL SCORE
1	/10	/10	/10	/10	/40
2	/10	/10	/10	/10	/40
3	/10	/10	/10	/10	/40
4	/10	/10	/10	/10	/40
5	/10	/10	/10	/10	/40