



Y6 PE Knowledge Organiser—Gymnastics



Key Knowledge

Learn these key facts

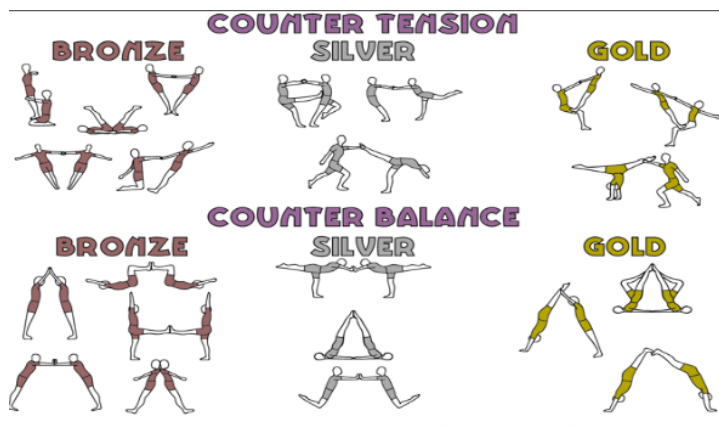
Symmetrical



Asymmetrical



Partner Balances



Key Vocabulary

Understand these key words

Word

Definition

Symmetrical

A body shape that is the same on both sides of the centre line

Asymmetrical

A body shapes that is **different** on both sides of the centre line.

Counter Balance

A partner / group balance using a pushing force against each other to remain still.

Counter Tension

A partner / group balance using a pulling force away from each other to remain still.

Contrasting

Different movements or shapes within a sequence or to a partner.

Compose

Create a routine to fit a piece of music.

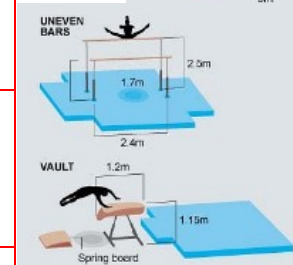
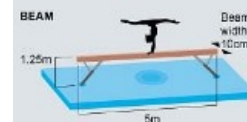
Forces

Pushing or pulling together or against a partner or piece of apparatus.

Event

Focus

Women:



Men:

