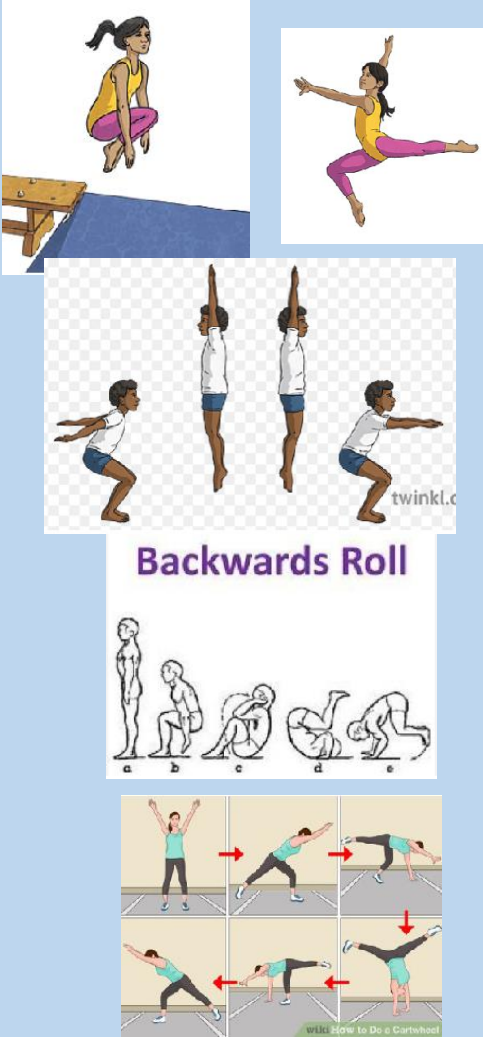


PE	Y6 – Travelling skills - KLP	
Skills	Crucial Knowledge	Concepts & Vocabulary
 <p>Backwards Roll</p>	<p>I know that a dynamic warm up is important to prepare the body for movement, warming up my muscles.</p> <p>I can perform a number of jumping movements to dismount and mount the apparatus including: a vertical jump, a tuck jump, a straddle jump, half-turn jumps, a leap and a flick jump.</p> <p>I can perform a rotational movement along the floor or low-level apparatus. Rolling motions to include: a forward roll, backward roll and a cartwheel roll.</p> <p>I can use rotational movement to link movements.</p> <p>I can practice and refine a sequence of 2/3 jumps with 2/3 rolls using the floor and low-level apparatus with control and coordination.</p> <p>I can explain the steps involved in mastering how to complete a forward roll, a backward roll and a cartwheel.</p>	<p>Concepts</p> <ul style="list-style-type: none"> To build, develop and demonstrate resilience To be knowledgeable about the impact and importance of physical activity on their bodies, health and well-being <p>Vocabulary</p> <p>Dismount Transitional movement Refine Synchronicity</p> <p>Declarative knowledge</p> <p>A jump is a movement where the gymnast uses their leg muscles to propel their bodies off the low-level apparatus landing on the floor.</p> <p>A roll is a movement where the gymnast's body rotates along the floor or apparatus.</p> <p>Linking / transitional movements allow the gymnast to move from one position or movement pattern to another smoothly.</p>