

How to create a routine using a range of apparatus?

Year 6

Unit: Rhythmic Gymnastics

NC- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]

Key Knowledge

What is Rhythmic Gymnastics?

A mix of dance and gymnastics using equipment like ribbons, hoops, balls, clubs, or ropes. You need coordination, balance, flexibility, and rhythm.

Posture: Stand tall and strong.

Transitions: Move smoothly between actions.

Expression: Use your face and body to tell

Key Skills

Ribbon: Make shapes like figure-eights, spirals, and waves.

Hoop: Roll, spin, throw, and catch.

Ball: Balance, bounce, and roll it.

Clubs: Toss, juggle, and catch them.

Rope: Swing, skip, and throw it.

Plan creative movements using the equipment.

Key vocabulary: apparatus, choreography, balance, transition, rhythmic, flexibility, flow, posture, balls, clubs, ropes, ribbons, batons, leap, turn, roll, spin, jump

Learning Journey

1. What is rhythmic gymnastics?
2. Learn ribbon shapes and ropes
3. Learn hoop tricks
4. Learn how to use a ball
5. Combine jumps, balances, and turns with equipment.
6. Perfecting performance