



PE	Y6 – Matching & Mirroring - KLP	
Skills	Knowledge	Concept & Vocabulary
	<p>To mirror a partner's movements. Using the floor mats to choreograph a short routine, mirroring each other and meeting in the middle. To include a synchronised clear start, roll and balance.</p> <p>To incorporate mirrored balances into a routine. Balances to include an arabesque, warrior hold, plank position, V-hold - considering points on floor and ensuring gymnast has a clear shape, firm base and strong core.</p>	<p><b>Concept:</b> To choreograph a complex synchronised routine showing matching and mirroring through travelling, balances, rolls and flight.</p> <p><b>Vocabulary</b> Matching Mirroring Rotation Synchronicity Evaluate</p>
	<p>To perform a synchronised routine in pairs using the low-level apparatus. The sequence should demonstrate mirroring and synchronicity - to include travel, balance, flight and roll.</p> <p>To perform a complex synchronised routine - using the low-level apparatus. Sequences to include: travelling, balances, rolls and flight.</p> <p>In groups continue choreography of a 60 second routine to include: 1) 2 mirrored balances 2) A synchronised roll 3) A synchronised balance 4) An example of a canon</p> <p>To give specific feedback - using vocabulary developed throughout unit of work, adapting and improving sequences from evaluations.</p>	<p><b>Recall from Year 5</b></p> <p><b>Concept:</b> To demonstrate a variety of jumps and vaults in a group performance</p> <p><b>Vocabulary</b> Composition Flight Twist Tension Extension Execute</p>

