






PE	Year 6 – Rhythmic Gymnastics	
Skills	Knowledge	Concept & Vocabulary
 	<p>To introduce basic gymnastic movements with ribbons producing a fluid movement. Dancers to hold the ribbon correctly ensuring there is correct posture and movement from the wrist.</p>	<p>Concept: To use and apply basic ribbon movements to choreograph a dance routine responding appropriately to the music</p> <p>Vocabulary</p> <ul style="list-style-type: none"> Transition Posture Elongation Rotational movement Improvise Interpretation
 	<p>To perform fluent rhythmic gymnastics movements. Dancers to control the ribbon during movements demonstrating correct posture with fluidity of movements.</p>	
	<p>To show a change of pace and timings in movements responding to the music.</p>	<p>Recall from Y5</p> <p>Concept: Identify, explore and learn actions, gestures, body shapes, rhythms and travelling patterns that suit the style of African dance</p> <p>Vocabulary</p> <ul style="list-style-type: none"> Beat Dynamics Vocal breath Muscle memory Ensemble
<p>To choreograph a fluid routine with ribbons responding to the music - considering speed, movements, turns, balances, rolls and transitional movements.</p>	<p>To evaluate rhythmic gymnastics sequence suggesting improvements.</p>	