




Year 6 Gymnastics Routine composition record for Andrew Smith Date: 3<sup>rd</sup> November 2014 Class: C6.2

Who was also in the group? Jessica, Gyan, Afiya, Marley, Adam

The Routine - 10 skills from the following 4 skills groups: Travel – Balance – Jump – Roll, plus a start and end position.

Skill	Skill Group	Apparatus and height	Composition focus	Level	Speed or Dynamics	Direction	Pathway	Timing	Spare box
Star Shape	Start Position	Floor mat - low	Symmetrical shape	High	Still	Facing side of bench - 3 each side	-	I count three seconds	Everyone stretched and tight
Crouch to forward roll, finish in tuck	Roll	Floor mat - low	Contrasting height	Low	Start medium, slow at the end	Towards bench	Straight	In unison	Could have been more in time.
Stretch jump ½ turn, one at a time	Jump	Floor mat	Canon	High	Explosive	½ turn to face away from bench	On the spot	Canon, Jessica counting 1-6	Peer feedback: timing was fluent
Front support with feet on bench	Balance – counter balance on apparatus	Bench – medium	Mirrored counterbalance	Medium	Still	Facing bench	-	Gyan counting three seconds	
Jump feet in, stand and skip to end of bench,	Travel	No apparatus -	Matching actions - following	High	Medium	Forwards	Curved	In unison – merging on arrival (like a zip)	
Bunny hop along OVER bench going side to side to the end	Travel	Bench – medium	Matching actions, following	Medium	Medium	Side to side and forwards	Zigzag in a straight line	One after the other, leaving space for safety	Rest of group didn't look tidy while waiting to go; could hold a star shape
Form two lines at the end of the bench (one side on knees one side standing) Link wrists in pairs and lean backward	Balance Counter – tension	No apparatus	Asymmetrical shape, counter-tension, contrasting heights	High and medium	Still	Facing partner, leaning backwards	On the spot, leaning away	Hold for count of three, Adam counting	
Standing three help kneeling three jump into air in star jump, then do star jump tuck jump after	Jump – 3 star, 3 tuck	No apparatus	Contrasting shapes in jumps	High	Explosive	Upwards	On the spot	First one side then the other	Peer feedback – the first jump looked artistic
Large step backwards, then side step to floor mat, straight into next move	Travel	No apparatus	Change of direction, mirroring actions	High	Slow	Backwards, then sideways	L-shaped	Closest 2 to bench then next 2, then next 2	
When reaching the mat, side roll in straight shape, stand at end of mat	Roll	Floor mat – Low	Contrasting shape to first roll	Low	Medium	Sideways	Straight	One after the other	Rolls could have been done with more body tension.
When last person arrives, balance on one foot	Balance	No apparatus	Asymmetrical shapes in unison	High	Still	Facing apparatus	On the spot	Afiya count three seconds	No one wobbled
Standing straight, arms by sides	End position	No apparatus	End position	High	Still	Facing apparatus	On the spot	Marley counted 3 secs	Clear finish position
<b>VOCABULARY EXAMPLES to help you think about the routine you created</b>									
Forward roll, star jump, tucked balance, skip	Roll, jump, balance, travel	Floor mat, bench, hoop, – low, high	Counter-balance, symmetrical, contrasting	High, Medium, low	Fast, medium, slow, still	Forwards, backwards, sideways	L-shaped, curved, straight	Canon, unison, contrasting	For your own ideas. E.g. quality, peer feedback etc.

The most difficult challenge to solve was *working together as a team to make sure everyone had some of their ideas used.*


The easiest part to create was *contrasts in speed, levels and pathways.*


If the routine had to be adapted, describe why and how:

*We tried to do a shoulder stand counter-balance, but not everyone could do it, so we did a counter-balance leaning on the apparatus instead.*


Describe how the routine could be improved or how it could be adapted to make it different.

*Consider different group numbers, apparatus, skills, pathways, speed, timing, levels and direction etc.:*

*The routine could have been improved by practising more and getting the timings smoother.*

*Also we could have practised stretching more in our skills to make it look more extended.*
