

Knowledge Organiser - Gymnastics Year 2

Ladder Knowledge



Shapes:

Some shapes link well together.

Balances:

Squeezing your muscles helps you to balance.

Rolls:

There are different teaching points for different rolls.

Jumps:

Looking forward will help you to land with control.

About this Unit

In gymnastics you learn to move your body in really fun ways. From balancing to rolling and jumping. In gymnastics you can link these actions using travelling actions to create sequences. Sequences are like stories with a beginning, middle and end.

Here are some cool ways to travel.



Key Skills and Knowledge

Competent learner: Perform fundamentals of movement (ABC's) with control and confidence Practice a range of movements with control demonstrating balance & coordination Safely negotiate space both indoors and outdoors.

Active & healthy learner: Recognise and describe how their body feels during and after activities Understand and explain the importance of good health, physical exercise and healthy food Understand and explain which activities are good for our health

Key Vocabulary

balance

direction

level

link

pathway

pike

roll

sequence

shape

speed

star

straddle

tuck

Reflective learner: Describe, explain and comment on their own and others' actions and feelings Listen, respond to set tasks and sounds following expectations and rules Make judgements to improve their work.

Engaged learner: Communicate, select, prepare and handle appropriate resources effectively Cooperate and work in small teams Dress and undress for PE promptly Listen to others and follow instruction.

Disciplined Learner: Show a positive attitude towards activities and other pupils Work well with others by showing respect Stay on task throughout the lesson