



Gymnastics— Year 2

PE KNOWLEDGE ORGANISER



ESSENTIAL VOCABULARY	
Balance	Being in a steady position.
Direction	Way in which you are going to move.
Level	A position in which you're moving in and staying at.
Link	Putting actions together to make a sequence.
Pathway	Course of action.
Pike	Straight legged position.
Roll	Complete rotation of the body.
Sequence	When you put different actions together.
Shape	When you change the way, your body moves.
Straddle	A body position in which the body faces forward and the legs are spread far apart to the side, ideally to a 180 degree split or more.
Tuck	Rolling into a ball.
Speed	How quickly or slowly you do something.



Learning objectives
To perform gymnastic shapes and link them together.
To perform gymnastic shapes and link them together with control.
To use shapes to create balances.
To link travelling actions and balances using apparatus.
To demonstrate different shapes, take off and landing when performing jumps.

Assessment Criteria
I am beginning to provide feedback using key words.
I am proud of my work and confident to perform in front of others.
I can perform the basic gymnastic actions with some control and balance.
I can plan and repeat simple sequences of actions.
I can use directions and levels to make my work look interesting.
I can use shapes when performing other skills.
I can work safely with others and apparatus.

**Inspiring Gymnast
Beth Tweddle**

Links to the National Curriculum
English – learning of key vocabulary, listening, understanding and following instructions, communicating ideas, providing feedback to other performances and describing shapes.
Maths- counting the number of actions to include, counting the number of actions to include in the aerobic warmup and counting to 10 seconds, holding balances for 5 seconds, creating shapes with their bodies.
Science- Exploring animals and how they move, learning how to tense their muscles to stay balanced.

Key Skills – S.E.T
Social- leadership, work safely and respect.
Emotional-confidence and independence.
Thinking-select and apply actions and use creativity.