



St Andrew's C of E Maghull

PE Knowledge Organiser

Year 2 - Autumn 2 - Gymnastics 2



<u>Key Knowledge</u>	<u>Skills</u>	<u>Vocabulary</u>	<u>Lesson Sequence</u>
<p>I know how to plan and repeat simple sequences of actions.</p> <p>I know how to perform a sequence of actions.</p> <p>I know how to use varied levels to make the sequence interesting.</p> <p>I know what rolling, travelling balancing & climbing means.</p> <p>I know how to use apparatus safely.</p> <p>I know how my body changes when I do exercise.</p> <p>I know how to use direction and levels to make my work look interesting.</p>	<p>Comment on aspects of own and others performances Perform with control and consistency basic actions at different speeds and on different levels</p> <p>Create and perform a simple sequence</p> <p>Show contrasts in gymnastics shapes and actions</p> <p>Work to improve flexibility and strength</p> <p>Attempt to use rhythm whilst performing a sequence</p> <p>Use core strength to link gymnastic elements e.g. back support and half twist</p> <p>Remember and repeat sequences</p> <p>Reflect on own performance and use scoring system to judge performance</p> <p>Develop character and maturity to work in close proximity with others</p>	<p>Jump - push off the surface and into the air using legs and feet</p> <p>Roll - move in a direction by turning over and over</p> <p>Balance - an even distribution of weight allowing you to stay steady</p> <p>Travel - moving from one area to another</p> <p>Link - putting two movements together</p> <p>Shape - the position we put our body into such as bowls, dish</p> <p>Sequence - creating an extended series of actions</p> <p>Pattern - a repeated sequence</p> <p>Extension - the stretching of limbs</p>	<p><u>Lesson 1</u> I can use a releve walk in a sequence.</p> <p><u>Lesson 2</u> I can perform a dish and arch shape moving smoothly from one to the other.</p> <p><u>Lesson 3</u> I can develop my strength in back support and crab.</p> <p><u>Lesson 4</u> I can do a frog jump and leapfrog.</p> <p><u>Lesson 5</u> I can hold an L-sit with a straight back.</p> <p><u>Lesson 6</u> I can bring rhythm and flow to my sequence.</p>

