



St Andrew's C of E Maghull

PE Knowledge Organiser

Year 2 - Autumn 1 - Gymnastics 1



Key Knowledge

I know how to plan and repeat simple sequences of actions.

I know how to perform a sequence of actions.

I know how to use varied levels to make the sequence interesting.

I know what rolling, travelling balancing & climbing means.

I know how to use apparatus safely.

I know how my body changes when I do exercise.

I know how to use direction and levels to make my work look interesting.

Skills

Comment on aspects of own and others performances

Perform with control and consistency basic actions at different speeds and on different levels

Create and perform a simple sequence

Show contrasts in gymnastics shapes and actions

Work to improve flexibility and strength

Attempt to use rhythm whilst performing a sequence

Use core strength to link gymnastic elements e.g. back support and half twist

Remember and repeat sequences

Reflect on own performance and use scoring system to judge performance

Develop character and maturity to work in close proximity with others

Vocabulary

Jump - push off the surface and into the air using legs and feet

Roll - move in a direction by turning over and over

Balance - an even distribution of weight allowing you to stay steady

Travel - moving from one area to another

Link - putting two movements together

Shape - the position we put our body into such as bowls, dish

Sequence - creating an extended series of actions

Pattern - a repeated sequence

Extension - the stretching of limbs

Lesson Sequence

Lesson 1
I can combine 4 elements into a floor sequence.

Lesson 2
I can create power in a series of jumps.

Lesson 3
I can take weight on my hands and move in different ways.

Lesson 4
I can use flexibility in a bridge and japana gymnastic shape.

Lesson 5
I can perform pint balance arabesque.

Lesson 6
I can perform a teddy roll.

