



PE Knowledge Organiser

Year 2: Spring Term

Gymnastics

Key Knowledge and Skills:

Basic shapes and balances:



star



straddle



pike



straight



tuck



back support

- Hold each balance for 5 seconds
- High and low balances

Using apparatus:

Travel safely around apparatus. Explore the equipment by travelling:

- along
- around
- over
- under
- through



Jumps:



Straight jump



Star jump

- Bend your knees when jumping and landing.
- Link jumps into a gymnastic sequence.



Rolls:



Barrel roll



Straight roll



Forward roll

- Perform a sequence:

BALANCE – ROLL – BALANCE – ROLL - BALANCE

Key Vocabulary:

Vocabulary:	Definition:
Apparatus	A piece of equipment used in gymnastics, e.g. mat or agility table.
Balance	Hold a position and remain still without wobbling.
Body tension	Holding your body tight to control an action.
Jump	Using leg muscles to lift your body off the ground.
Level	The height at which movements and balances take place.
Roll	A rotation of the body.
Sequence	Joining movements and balances together.
Travel	How you move from one place to another.

Sequence:

Build and perform a sequence using:

- rolls
- jumps
- balances
- travelling actions
- shapes