

Year 2
Autumn 2

Manor Leas Infant School Knowledge Organiser

Physical Education

Gymnastics



Star Words	Definition
Sequence	A sequence is when you put your moves together in an order like a little story of actions that flow one after the other.
Flow	Flow means moving smoothly from one action to the next without stopping or wobbling.
Link	To link means to join two or more actions together carefully, using a movement to connect them.
Control	Control means keeping your body steady and balanced when you move, land, or hold a shape.
Apparatus	Equipment we use in gymnastics to move on, over, under, or around.

Sticky Knowledge

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.

Travel

Move safely into space.

crab walk

stretch

lunge walk

bear crawl

skip

slide

hop

crawl

jog

jump

leap

bunny hop

Helpful Books



Home Learning Ideas

Gymnastics Obstacle Course

What you need: a dressing gown rope, two pillows and toy

How to play:

- Create a gymnastics course by placing out the rope, pillows and toy.
- Balance along the rope, jump and land on each of the pillows then create a balance by creating the same shape as your chosen toy.
- Place the items further apart and link your actions using different travelling actions e.g. crawl, spin, hop, lunge etc.

www.getset4education.co.uk

Helpful Websites

Head to the youtube channel to watch the skills videos for this unit.

@getset4education136

Shapes



I can use shapes to create balances.

Choose strong shapes that link together. Squeeze your muscles to stay balanced.

Rolls



I can move my body in different ways. Keep your body tight to roll smoothly. Use your shapes to start and finish your roll.

Shape jumps



I can move my body in different ways. Swing your arms forward and stretch as you jump. Land with soft knees and balanced feet.

Sequence



I can link actions together to create a sequence. Use different levels. Think about directions. Add a clear start and finish position. Move smoothly between actions, no gaps or stops.