

Year 2
Spring 1

Manor Leas Infant School Knowledge Organiser

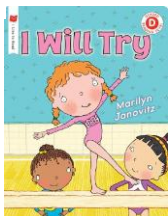
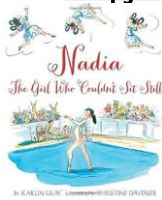
Physical Education

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.

Helpful Books



Home Learning Ideas

Home Learning PE

Balancing Challenge!

Year 2

What you need: a stopwatch or timer

How to play:

- Pick a balance from those you've been practising in PE lessons.
- Hold your balance still and count how long you can stay in it.
- Keep your body tight to stop any wobbling or falling.

Don't forget to keep practising!

Can you beat your best time when you try again?

Sticky Knowledge

In gymnastics, you learn to move your body in controlled and confident ways. You will practise balancing, rolling and jumping, focusing on using good technique and moving smoothly. You will link actions together using travelling movements to create sequences with a clear beginning, middle and end. You will also use apparatus to travel, balance and perform sequences with improved fluency and control.



I can perform different shapes when jumping with control.

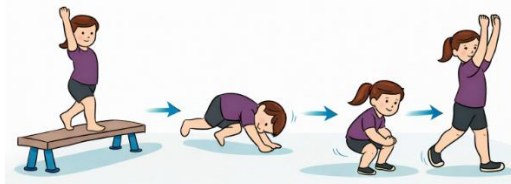
Choose strong shapes and show control in the air. Squeeze your muscles to stay balanced.

I can roll smoothly using different shapes.

Keep your body tight so your roll is smooth and controlled. Start and finish your roll in a clear shape.

I can take off and land safely using a good technique.

Swing your arms to help lift your body. Land with soft knees and balanced feet.



I can use apparatus to travel, balance and link actions.

Move carefully and with control on apparatus. Keep your body strong and balanced.

I can link actions to make a sequence with a beginning, middle and end.

Use different levels and directions. Add a clear start and finish position. Move smoothly between actions with no gaps or stops.

Helpful Websites

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

@getset4education136