

PE - Gymnastics  
Woodpeckers - Yr 2 & 3

Enquiry Questions

*Can I show I am able to balance unassisted?*

*Can I show I can use my strength using equipment?*

*Can I show my flexibility using different techniques with just the mats?*

*Can I link these different skills together in a chain using mats and equipment?*

*Can I identify different pieces of equipment/Apparatus and skills needed for each one?*

Vocabulary

*Balance*

*Strength*

*Power*

*Flexibility*

*Speed*

*Momentum*

*Roll*

*Grip*

*Coordination*

*Floor*

*Mats*

*Equipment*

*Apparatus*

National Curriculum Links

Year 2

*Pupils should be able to show different fundamental skills such as balancing, jumping, rolling etc on mats and apparatus.*

*Pupils should now start chaining together skills to work on basic routine patterns using these apparatus.*

Year 3

*Pupils should be able to start showing different intermediate linked skills on mats and apparatus. Pupils should now start chaining together skills to work on routine patterns using these apparatus.*

Questions to Consider...

*What skills that you learn to use in gymnastics can you also use in other sports and how?*

*How can we make sure that all equipment and apparatus is safe to use?*

*How can we practice the skills we have learnt, such as balance, at home, with no equipment?*

*PE Value for the half term : Self-Motivation & Inclusion*

