



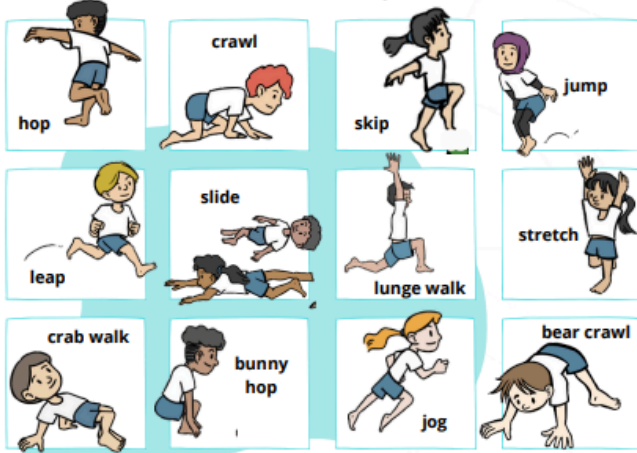
Get Set 4 Education

Knowledge Organiser Gymnastics Year 2

About this Unit

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.



Key Vocabulary

balance		
direction	pike	speed
level	roll	star
link	sequence	straddle
pathway	shape	tuck



Ladder Knowledge



Shapes:

Some shapes link well together.

Balances:

Squeezing your muscles helps you to balance.

Rolls:

There are different teaching points for different rolls.

Jumps:

Looking forward will help you to land with control.

Movement Skills

- shapes
- balances
- travelling actions
- shape jumps
- barrel roll
- straight roll
- forward roll

This unit will also help you to develop other important skills.

Social

leadership, work safely, respect

Emotional

confidence, independence

Thinking

select and apply actions, creativity

Strategy

Use shapes that link well together, it will help your sequence to flow.

Healthy Participation



- Remove shoes and socks.
- Make sure the space is clear before using it.

Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk



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

If you enjoy this unit why not see if there is a gymnastics club in your local area.



This unit will help you to:

- balance
- move different body parts at the same time
- be more flexible
- be stronger

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



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