

STRIVER - KNOWLEDGE ORGANISER



Year 2 Gymnastics Unit 1

National Curriculum objectives

Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.

Key Learning

- Explore medium level shapes with linking, mirroring and balances
- Compare and contrast low and medium level shapes with confidence and rehearse them
- Roll safely using a variety of rolling techniques. Incorporate two shapes into a sequence
- Perform low level shapes with some precision and perform shapes in flight
- Use apparatus (extended) safely with entrances, exits, balances and including medium level shapes
- Jump and land safely using apparatus, including from a variety of heights, directions and landings
- Model linking and mirroring of low-level shapes. Including balancing & travel with a partner using mirroring technique

Key Vocabulary

Arch: A position, in which the back is curved backwards, the chest is open, and the body makes a curved shape.

Balance: A static (still) position which holds the body in a position.

Control: Being able to use your body in a precise manner.

Dish: Long sit, bringing arms past the ears, lie back to form the 'dish shape'

Entrance & exit: To start a performance, an entrance is how you mark the beginning and the exit is how to end your routine, e.g. 3 second balance.

Linking: A way of changing from one movement to another, with a transition/link.

Mirroring: To reflect the movements, shapes and positions of a partner like a reflection in a mirror.

Pike: A position with the body bent forward at the waist with the legs kept straight.

Straddle: A body position where the body faces forward, and the legs are spread far apart to the side.

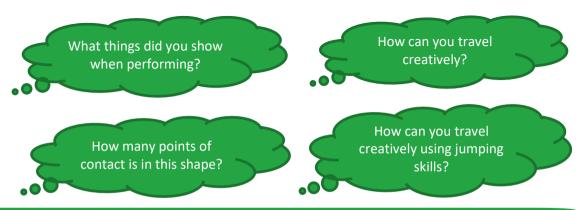
Tuck: A position where the knees and hips are bent and drawn into the chest with the hands holding the knees.

Velocity: An object travelling at speed in one direction.

Equipment

- 40 to 50 Cones
- 30 Bibs
- 15 Safety mats
- Apparatus, including:
 - Benches
 - low and medium level boxes
 - Hoops (6-10)
 - ladders
 - wall bars

Key Questions



Safety

• Remove all jewellery including earrings • Long hair must be tied back • Wear suitable footwear • Use correct techniques • Complete a warm-up and cool-down