

# Knowledge Organiser

## Gymnastics Year 2



### Ladder Knowledge

**Shapes:**  
Some shapes link well together.

**Balances:**  
Squeezing your muscles helps you to balance.

**Jumps:**  
Looking forward will help you to land with control.

### 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.

hop	crawl	jump
leap	slide	stretch
crab walk	lunge walk	bear crawl
	bunny hop	jog

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

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

### Movement Skills

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

### Strategy

### Healthy Participation



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

### Key Vocabulary

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

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

### Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://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](http://www.getset4education.co.uk)

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



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