



Year 2 - Spring - PE Knowledge Organiser

What I already know...

During Year 1 the children learnt the fundamentals of gymnastics how to hold a balance and move their body carefully. Children also learnt how to work as a team to lift, carry and use gymnastic apparatus safely.

What I will learn...

Gymnastics

- Develop short sequences on their own.
- Use imagination to find different ways of using apparatus.
- Form simple sequences of different actions using floor and apparatus.
- Have a clear start, middle and end.
- Have a clear focus when watching others perform.
- Say when a movement or skill is performed well (aesthetic appreciation).
- Describe what they have done and what they have seen. (Make easier or harder. Use advice to improve.)
- Develop balance, agility and co-ordination. of travelling, stillness, jumping, timing, changing shape, size, direction.
- Children will master how to travel and understand how to move in different directions.

Key Vocabulary

Jumping	Bending knees, ankles and hips and swinging arms.to help you to jump higher. Land on the balls of your feet.
Jumps	Tuck jumps, straight jumps. Star jumps
Shapes	Tucked, curled, straight, narrow, thin, wide (straight, star, pike, straddle and tuck)
Travelling	To move from one place to another place. Think of different ways that the child can travel eg skipping, crawling, hopping and sliding etc
Rolls	Log, teddy , egg roll and forward roll progressions
Coordination	The ability to use different parts of the body together smoothly and efficiently.
Sequence	To put actions together. Consider how actions look together.
Perform	To be able to show their skills in front of an audience or individual.



Making a difference at The Merton

Children will develop their body tension, coordination and balance through learning about basic gymnastics shapes, balances and rolls. They will develop their travel movements and learn how to jump and land safely on the ground and from a variety of different apparatus. Children will learn to link actions together and to copy and create movement sequences, which they perform to each other, evaluate and improve. They consolidate their skills and start to think about the way their movements look. They think about how to stay healthy and how their bodies feel before, during and after exercise.

Making a difference at home

The balances and skills you have learnt during gymnastics are vital for your development. Don't forget to practise at home to help support your overall physical development.