



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.
- 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 and beyond

Children will develop their body tension, coordination and balance through learning about basic gymnastics shapes, balances and rolls.. They will develop their character by working as a team as well as reflecting on their own and others performances. The children will understand the benefits of exercise and how it can improve both their physical and mental health.

How to be a Gymnast...

I will engage and grow my muscle strength to be able to hold positions and movements..

I will create a sequences of moments to then perform to others.

I will reflect on my perform so I can improve.