



P.E.

**Gymnastics
(Balance)**

Year 2

Autumn Term 1

Skills

- Up to 4 elements *e.g. balance, roll, jump, body shape.*
- A clear starting position and that moves smoothly between shapes and actions.

Key Knowledge

Perform with control, co-ordination and variety.

Use wide range of gymnastic agilities and actions confidently on floor and apparatus.

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Show contrasts in shape, combining stretched and tucked shapes and dish and arch shapes.

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Show good posture when performing in gymnastics.

Explain how taking in too much or too little food and drink can affect a person's health.

Sequence of Practical Experiences

To know how to develop a balance from a body shape and understand how being active and achieving energy balance is part of being healthy

To develop ways of using the apparatus to display a challenging yet well-controlled balance.

To investigate ways of linking movements to achieve smooth and controlled transitions

To be able to perform a clear stretch jump and land safely and move into a controlled balanced position.

To compare similar performances and to suggest ways to improve the quality of the sequence.

Statutory requirements

- 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

Prior Learning

Two ways of travelling link them together to make a movement phrase. Start and finish shape.

Key Vocabulary

Extension Extension of a joint is moving toward its most straight position. In gymnastics this means pointing toes and fingers, keeping the head up and making the limbs long.

Tension Controlling actions of the body when held tightly e.g. muscles engaged

Balance A static position the body is held in in a particular shape

Posture How the body is held and positioned using muscle and skeleton.

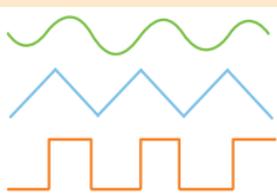
- Travelling, rolling, climbing, bounce, hop, skip, rolling step

- Direction, slow, stop, still

- Apparatus bench mat

Techniques

Travelling lines



Apparatus



Heads, Hearts, Hands

