



P.E.

**Gymnastics
(Parts High and Low)**

Year 2

Spring 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

- perform a range of action with control and coordination.
- move smoothly form a position of stillness to a travelling movement
- devise, repeat and perform a short sequence in which there is a clear beginning, middle and end.
- use different combination of floor mats and apparatus, showing control, accuracy and fluency
- describe their own or their partner's sequence accurately, commenting on what it contains and whether it is performed smoothly and with control
- choose one aspect of their sequence to improve and say how to improve it

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.

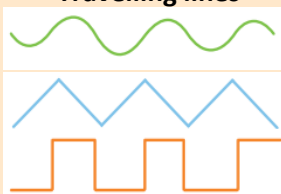
Key Vocabulary

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.

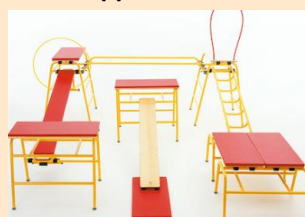
- Travelling, rolling, climbing, bounce, hop, skip, rolling step
- Direction, slow, stop, still
- Apparatus, bench, mat
- Posture, spine, muscles squeezing and relaxing, joints

Techniques

Travelling lines



Apparatus



Heads, Hearts, Hands

