

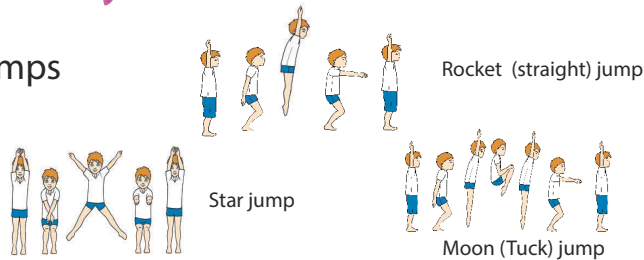
# Gymnastics Knowledge Organiser - Year 2

Prior Learning: In Year One, children were beginning to perform basic shapes. They also performed basic jumps such as a rocket (straight) jump. They have begun to learn how to roll- moon roll (tuck roll) and rocket roll. They have also begun to learn the concept of a basic sequence (on their own) which includes a roll and a jump.

## Key Skills

### Physical Me

- Jumps

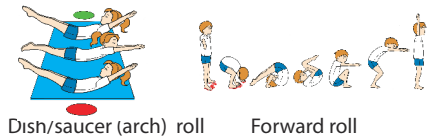


Strength

Flexibility

Balance

- Rolls



Co-ordination

Agility

-Bunny hops



Climbing

-Sequences

### Social Me

- Co-operate with others
- Be a Mini Coach
- Teamwork

### Value Me:

- Perseverance
- never give up!

### Thinking Me

- To link my skills in a sequence.
- Understanding feedback

### Inspirational Athlete

Max Whitlock- Olympic Gold medalist in pommel horse



## Key Learning

**Shapes** - Have a tight body. Squeeze every muscle, extend fingers and toes.

**Jumps** - Have good body tension.

**Bunny Hops** - Flat hands. Hands first, then feet, keeping arms straight, lifting legs and pointing toes.

**Sequence**- To show a clear Start, Middle and Finish, with good control

**Rolls** - Ensuring head is **tucked** in, with a Star forward Roll



## Key Vocabulary

Bunny hop

Dish roll

Star Roll

Saucer roll

Start

Middle

Finish

Sequences