

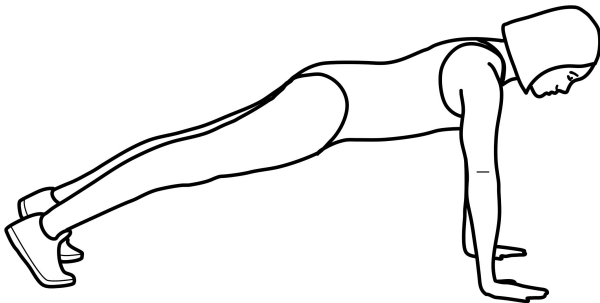
Knowledge Organiser: Year 2 Gymnastics Unit 2



Prior Learning: Can describe and explain how performers can transition and link elements. Performed with control and consistency basic actions. Created and performed a simple sequence.

Unit Focus: Develop body management through a range of floor exercises. Use core strength to link recognised gymnastics elements. Attempt to use rhythm while performing a sequence.

Equipment needed: Mats, hoops, cones, wall bars, bean bags, low apparatus, ropes, and action cards.



Key Vocabulary/Skills		
Releve and front support.	Body tension, carry, control, extension, fast, hang, timing, travel, turn, transition, smooth.	
Body Control.		
Back Support.		
Frog Jump.		
Rhythm in sequences.		

Head: Work safely on own and with others.

Hand: Remember and repeat sequences.

Heart: Develop character and maturity to work in close proximity to others.

Key Questions:

1. How would rhythm be shown in a sequence?
2. Are the transition smooth and continuous?
3. Say something you liked about someone else's performance.

Concepts:

One of the most important elements in gymnastics is body tension or control. Gymnasts can control the action of their body more easily (in static strength positions as well as in movement) when their body is held more tightly rather than when limbs and the core are relaxed or floppy.

