



Gymnastics - PE Knowledge Organiser - Coleman Primary School (Year 2 Autumn 2)

In Year One you were...

- Selecting and linking basic gymnastics actions together
- Copying and exploring basic gymnastic actions with some control and co-ordination.
- Safely performing a teacher led warm up.

Balancing

How many different ways can you balance?

How many parts of your body are touching the floor? This is a point of contact.

A balance should be still.

You will learn

- To know how to perform a position of stillness with 2 or more contact points showing control
- To know how to transfer weight from one position of stillness to another position of stillness showing control
- To know how to link one position of stillness to one other action smoothly
- To know how to create, remember and repeat a movement phrase combining 2 varying positions of stillness with at least one other action

Vocabulary

Stillness	Not moving
Transfer	To move from one position to another
Link	To join movements together
Smoothly	To move steadily

Linking positions of stillness together

You will be linking different positions of stillness together with different movements.

How many different ways can you travel?

You can travel on your feet, on your bottom.

This could be forwards, backwards, sideways or round in a circle.

Transferring Weight

Can you move your weight from one balance to another?

Can you move your weight showing control?

This means you move smoothly .

In Year Two you will.....

- Copy, remember, explore and repeat a variety of basic gymnastic actions with control and co-ordination
- Select and link basic gymnastic actions into fluent short movement phrases

