

PHYSICAL EDUCATION KNOWLEDGE ORGANISER

Year 2 Gymnastics activities – Balance (1, 2, 3, 4 & 5 body parts)

I will learn...

HANDS

to explore holding balances/shapes still on floor & apparatus on 3, 4 & 5 then 1 & 2 body parts.
 to experiment with balances that touch both floor & apparatus at the same time.
 to hold a balance still at the same time as a partner when side by side, back to back and facing.
 to practise using jumps and rolls/turns to get out of balances.
 how to perform arch, dish, arabesque, half star and v-sit as 1 body part balances.
 to use gymnastics actions to link actions to create a sequence.

HEAD

how to explore & remember actions to create and perform a sequence.
 about a wide variety of travel actions on different levels.
 to talk about how travel actions are executed.
 how to think about attempting to transfer actions from floor to apparatus.
 how to think about & describe if an action was good
 to consider how to improve an action / sequence.
 how to choose to move with care, showing improved control.

HEART

to move around safely at all times and follow instructions.
 how to work with a partner safely and fairly on floor & on apparatus.
 to listen to a partner when planning pair work and watch others when they are performing to the class.
 to challenge myself to improve skills and practise new ones.
 to participate in & explain reasons for why we warm up at the start of a lesson.
 to talk about the need to stay healthy.
 to compare how my body feels before & during exercise.
 to be determined to try more difficult skills & be confident to ask for help.

Key questions: What is balance? What does your body need to do to stay still? What is a gymnastics balance? What is a 'sequence'? How can you perform a balance safely on apparatus? What actions could you use to get out of a balance? How can you perform a balance on apparatus safely with part of body on floor & part on apparatus? How can you & your partner work together at the same time? What did you talk about to plan your sequence?

Key vocabulary:

Balance – hold a shape made with the body still on floor or apparatus.

Sequence – gymnastics actions such as jumps, balances and travel actions performed one after the other, linked together smoothly on floor & using apparatus.

Quality – performing actions and shapes at the best possible standard that a gymnast is capable of.

Control – Actions can be started and stopped, shapes can be held still and directions travelled in can be changed efficiently.

Exercise – activity using the body that maintains or improves fitness.

Levels – Shapes, linking moves and travel actions can be performed with the body on low, medium and high levels.

Healthy – when the body or mind are in good condition and complete well-being

Warm-up – prepare the body for exercise with gentle actions and stretching.

Improve – Try to make execution of skills or the performance of a sequence better.

Dish



Arch



Arabesque



Half star



V-sit



h-balance



Side by side

Back to back



Facing