

PHYSICAL EDUCATION KNOWLEDGE ORGANISER

Year 2 Gymnastics activities – Pathways

I will learn...

HANDS

to practise travelling in different ways on different levels along straight, zigzag & curved pathways
 to follow or lead a partner when travelling along straight, zigzag and curved pathways.
 different ways to travel over, under, along & around apparatus when travelling on straight and curved pathways.
 how to perform sequences including specific pathways on my own and with a partner.
 to use different ways to perform with a partner.

HEAD

how to explore & remember actions to create and perform a sequence.
 about a wide variety of travel actions over, along, under & around apparatus.
 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 are pathways? What different types of pathways are there? How many ways can you travel? How can you travel along 'S' curved pathways? Can you link pathways together smoothly? What is following / leading? How can you travel over & under apparatus safely? Do you remember how to work with a partner? How did you decide which actions to use?

Key vocabulary:

Pathway – the invisible trail travelled on by a gymnast when they perform gymnastics actions from one place to another across the floor or over, along, around, under apparatus. Pathways can be straight, curved, zig-zag, etc.

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.

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

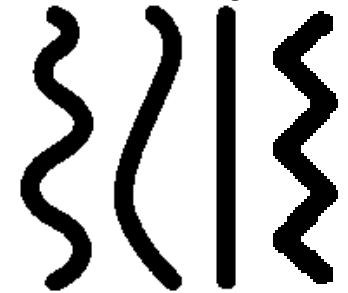
Levels – Shapes, linking moves and travel actions can be performed with the body on low, medium and high levels.

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

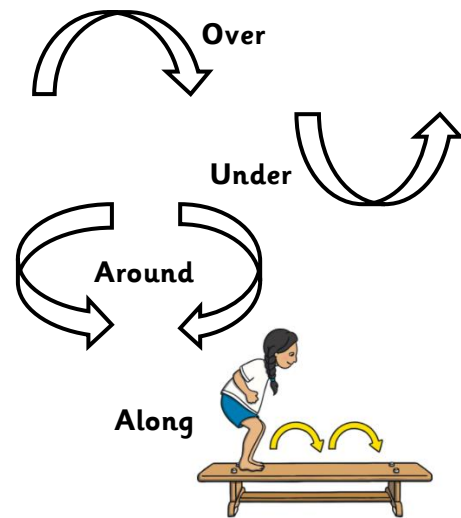
Warm-up – prepare the body for exercise with gentle actions and stretching.

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

Pathways



Follow and lead



Facing



Back to back



Side by side