

Physical Education Knowledge Organiser

Year 2 Gymnastics

National Curriculum links: to develop balance, agility and co-ordination.

| Key values and vocabulary | Learning | Breakdown of skills/success criteria |
|--|---|---|
| <p><u>Values</u></p> <ul style="list-style-type: none"> · Self-belief · Concentration <p><u>Vocabulary</u></p> <ul style="list-style-type: none"> · space · apparatus · agility · sequence · control · travel · support | <p style="text-align: center;">Previous learning</p> <p><i>In year 1, children will learn how to perform fundamental movement skills at a developing level. They will perform body actions with some control and coordination. These will be assessed through developing physical skills including;</i></p> <ul style="list-style-type: none"> · Shape – wide, thin · Travelling – feet – jog, skip, gallop, hop, walk forwards, backwards. · Travelling – hand and feet – frog, bunny, crab, bear, caterpillar, crocodile, monkey, etc. · Balancing – front support, balance on 4 and 3 points, large body parts, tummy, back, bottom, shoulder. · Jumping and landing · Rolling – rocking on back, pencil, egg rolls. · Apparatus <p style="text-align: center;">Year 2 learning</p> <p><i>In year 2, children will perform fundamental movement skills at a developing level and start to master some basic movement. They will perform body actions with control and coordination. These will be assessed through developing physical skills including;</i></p> <ul style="list-style-type: none"> · Shape – wide, thin, dish, arch, tuck · Travelling – feet – jog, skip, gallop, hop, walk forwards, backwards. · Travelling – hand and feet – frog, bunny, crab, bear caterpillar, crocodile, monkey etc. · Balancing – front support, balance on 4 and 3 points, large body parts, tummy, back, bottom, shoulder. · Jumping and landing. · Rolling – rocking on back, pencil, egg rolls, dish roll, teddy/circle roll, forward roll. | <p><u>Aim and success criteria of educational gymnastics for year 2</u></p> <ul style="list-style-type: none"> · Children will focus on increasing their range of basic gymnastic skills. · They will create simple sequences of 'unlike' actions on the floor, e.g. a roll, jump and a shape. · They will learn how to transfer what they learn on the floor to apparatus. · Children will use skills and agility individually, in combination and in sequence, with the aim of showing as much control and precision as possible. <p><u>Breakdown of skills</u></p> <p>Hopping</p> <ul style="list-style-type: none"> · Non hopping leg is used to support take off and momentum of the hop with a rhythmical action · Greater body lean · Arms are co-ordinated with take off · Lands and pushes off from the ball of the foot · Hopping is rhythmical and continuous <p>Skipping</p> <ul style="list-style-type: none"> · Step-hop pattern is co-ordinated and smooth · Arms are used rhythmically in opposition to legs · Low vertical lift on hop · Land on ball of foot |

Physical Education Knowledge Organiser

| | | |
|---|---|---|
| | <ul style="list-style-type: none"> · Apparatus. | <p>Side gallop</p> <ul style="list-style-type: none"> · Rhythmical smooth action · Weight on balls of feet · Body faces front · Rear leg lands adjacent to or behind front foot · Low vertical lift |
| Key knowledge | Future learning | |
| <p>Children need to understand how to find and use space safely.</p> <p>Children need to learn how to use apparatus safely.</p> | <p>In year 3, the children will master most fundamental skills from KS1 and start to develop sports specific skills and perform them with some accuracy and extension. These will be assessed through developing physical skills including;</p> <ul style="list-style-type: none"> · Travel – feet and hands. · Balance – small body parts · Jump – 2 foot jump and land · Rolling – basic rolls · Apparatus | |

Supporting resources

Hopping

Skipping

Side gallop



© Lancashire County Council 2019



© Lancashire County Council 2019



© Lancashire County Council 2019