

Year 2 Gymnastics Knowledge Organiser



Rules

- ✓ No jewellery can be worn
- ✓ Wear PE kit
- ✓ Hair must be tied back.
- ✓ We wear pumps or we have bare feet. Socks and tights are unsafe in the gym because they are slippery on the apparatus/equipment, mats and hard floors.



Travelling & linking actions

- ✓ Tiptoe, step, jump and hop
- ✓ Hopscotch
- ✓ Skipping
- ✓ Galloping
- ✓ Straight jump half turn

Rolls

- ✓ Log roll
- ✓ Teddy bear roll
- ✓ Egg roll
- ✓ Rocking for forward roll
- ✓ Crouched forward roll

Balances

- ✓ Standing balances
- ✓ Kneeling balances
- ✓ Pike, tuck, star, straight, straddle shapes
- ✓ Large body part balances
- ✓ Balances on apparatus
- ✓ Balances with a partner
- ✓ Front and back support

Jumps

- ✓ Straight jump
- ✓ Tuck jump
- ✓ Jumping jack
- ✓ Half turn jump
- ✓ Cat spring incl to straddle

Acrobatics

- ✓ Bunny hop
- ✓ T-lever
- ✓ Scissor kick
- ✓ Wheel barrow (support partner)

Key Vocabulary

Control
Perform
Sequence
Copy
Link
Contrasting
Travel
Speed
Direction
Balance
Stretch
Jump
Composition
Coordination



Equipment

- ✓ Mats
- ✓ Benches
- ✓ Climbing apparatus



Links to our topics in class

Using different movements and balances to show the growth of a vegetable plant linking with our English book Oliver's Vegetables.