

Year 2 Term 3 P.E: Gymnastics



Curriculum Key Question: How can I look after myself and others?

Topic: Who inspires you?

What should I already know?

- I am confident to perform in front of others.
- I can link simple actions together to create a sequence.
- I can make my body tense, relaxed, stretched and curled.
- I can recognise changes in my body when I do exercise.
- I can remember and repeat actions and shapes.
- I can say what I liked about someone else's performance.
- I can use apparatus safely and wait for my turn.

Key Skills: Physical

- Shapes
- Balances
- Shape jumps
- Travelling movements
- Barrel roll
- Straight roll
- Forwards roll



Key Skills: Social, Emotional and Thinking

- **Social** – sharing
- **Social** – working safely
- **Emotional** – confidence
- **Emotional** – independence
- **Thinking** – observing and providing feedback
- **Thinking** – selecting and applying actions



Progression of Skills Ladder

Shapes	Balances	Year	Rolls	Jumps
Explore matching and contrasting shapes.	Explore point and patch balances and transition smoothly into and out of them.	3	Develop the straight, barrel, and forward roll.	Develop stepping into shape jumps with control.
Explore using shapes in different gymnastic balances.	Remember, repeat and link combinations of gymnastic balances.	2	Explore barrel, straight and forward roll and put into sequence work.	Explore shape jumps and take off combinations.
Explore basic and still shapes straight, tuck, straddle, pike.	Perform balances making their body tense, stretched and curled.	1	Explore barrel, straight and forward roll progressions.	Explore shape jumps including jumping off low apparatus.

Key Vocabulary

Shapes – e.g. tuck, pike, straddle, dish, arch, star.

Action – the skill a gymnast uses in their sequence e.g. travel, jump, shape, balance, roll.

Level – high, medium and low.

Sequence – a number of actions linked together.

Body tension – squeezing muscles to help stay strong when performing actions. Having good body tension improves the quality of an action.

Links to the PE National Curriculum

- Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.
- Pupils should be taught to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities.

Skills I will develop:

- I am beginning to provide feedback using key words.
- I am proud of my work and confident to perform in front of others.
- I can perform the basic gymnastic actions with some control and balance.
- I can plan and repeat simple sequences of actions.
- I can use directions and levels to make my work look interesting.
- I can use shapes when performing other skills.
- I can work safely with others and apparatus.