

Knowledge Organiser Physical Education Year 2 Spring

Show control and coordination - Gymnastics



St Elizabeth's Catholic Primary School
"Love one another as I have loved you"

Prior knowledge

- Link simple actions to create a sequence
- Make body tense, relaxed, stretched and curled
- Remember and repeat actions and shapes
- How to use apparatus safely and wait to take a turn

Physical skills developed in this topic

- Perform basic shapes with control
- Perform balances making body tense or stretched

Knowledge and skills covered in this topic

- Dish shape - lying on back raise arms and legs off floor, keeping them all straight
- Arch shape - lying on front lift arms and legs off floor, keeping them straight
- Press up forwards and backwards (lowering and pushing body up and down)
- Hop, jump, hop, jump along the floor

Key words

Gymnastics: A sport displaying physical agility and coordination.

Warm up: First 5 minutes of a lesson where we get our body ready for sport

Balance: Learning how not fall over

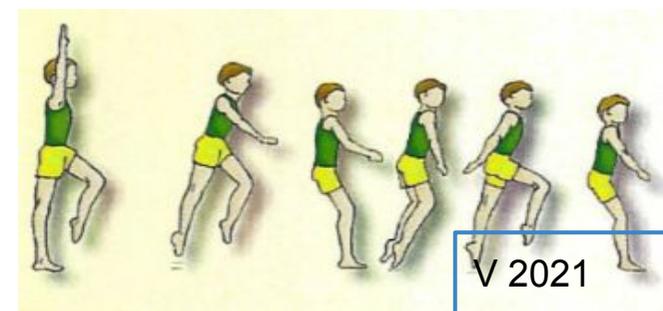
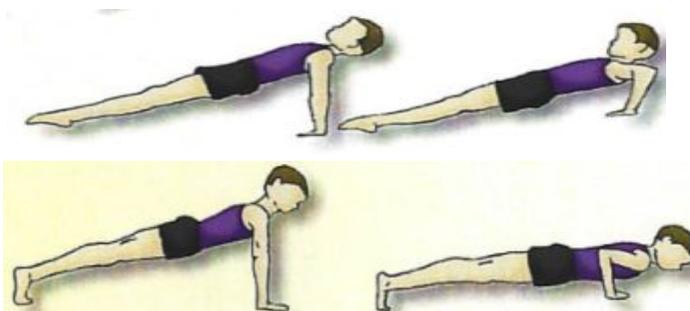
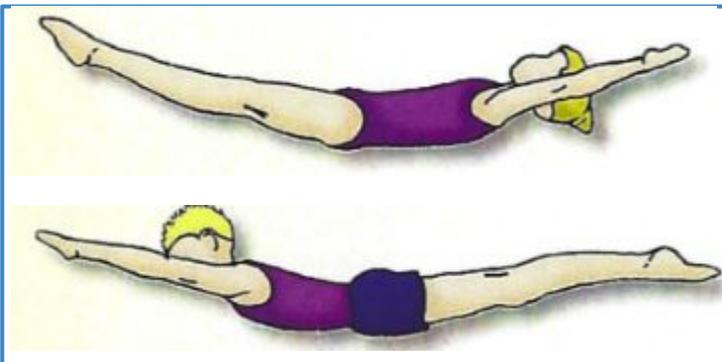
Hopping: Jumping and landing on one foot

Jumping: Pushing through legs so both feet leave the ground

Control: Using muscles to keep arms and legs in a required position

Mat: Spongy, padded floor covering to practise gymnastics on

Press up: Lying on the floor push up with arms, keeping body straight



V 2021