

# 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

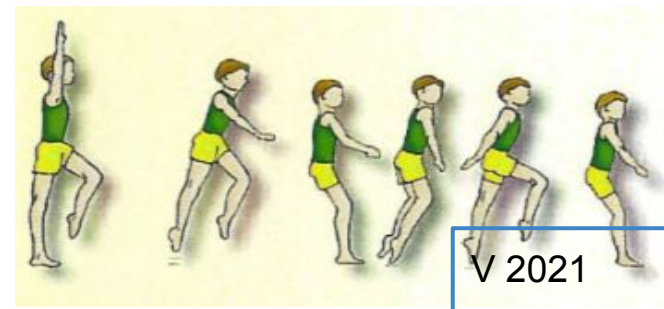
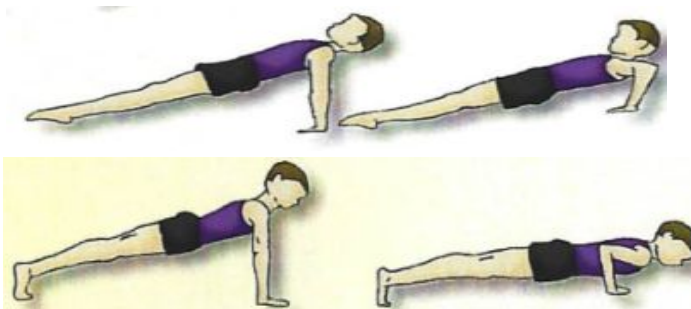
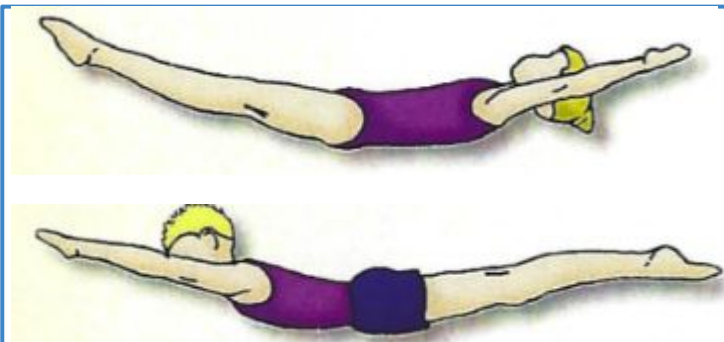
**Hopping:** Jumping and landing on one foot

**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