

# Year 2 Autumn 1

## Knowledge Organiser: Year 2 Gymnastics Unit 1



### Prior Learning:

Performed a variety of basic gymnastics actions showing control. Introduced to turn, twist, spin, rock and roll and learned to link these. Perform longer movement phrases.

**Equipment needed:** Mats, hoops, cones, wall bars, bean bags, low apparatus, ropes, and action cards.



### Key Vocabulary/Skills

|                          |   |
|--------------------------|---|
| Start and finish shapes. | Shape, sequence, pattern, movement, music, timing, hang, like, carry, power, judging. |
| Power in jumping.        |   |
| Linking movements.       |   |
| Levels.                  |   |
| Speed.                   |   |

### Unit Focus:

Describe and explain how performers can transition and link elements. Perform with control and consistency basic actions. Create and perform a simple sequence.

**Head:** Perform with some basic control and consistency.

**Hand:** Create and perform a simple sequence.

**Heart:** Reflect on own performance and use scoring system to judge performance.

### Key Questions:

1. Can you name 3 elements of a sequence that can be judged?
2. Describe what you liked about a sequence.
3. How could you show different levels in a sequence?

### Concepts:

Professional judging - Individually, gymnast starts from a 10.0. Throughout the routine, the judges deduct points, tenths, and even hundredths for mistakes in execution. Once the routine is over, the final score is tallied.

