

## Parsonage Farm Nursery and Infant School

Year 2

PE: Gymnastics

Summer 1

### Knowledge

Children will:

- ❖ Know how to improve their work.
- ❖ Know how to link different movements to create a sequence that flows.

### Prior Knowledge and Skills

- ❖ Be able to name and perform types of rolls e.g. log, teddy bear and egg rolls.
- ❖ Name and balance on different body points and patches.
- ❖ Copy and create a sequence of movements with control and co-ordination.

### Skills

Children will be able to:

- ❖ create their own shapes on a range of body parts and hold balances still;
- ❖ identify which part of a performance may need to be improved;
- ❖ work with a partner to create their own matching balance;
- ❖ perform paired balances on different pieces of equipment;
- ❖ demonstrate three different types of roll correctly, including a curled side roll;
- ❖ show control when performing log, teddy bear and curled side rolls;
- ❖ perform at least two types of jump correctly, showing a clear body shape in the air;
- ❖ jump off apparatus independently and land safely;
- ❖ compose, remember and perform their own sequence containing at least one roll, balance and jump;
- ❖ describe what is good about a sequence and identify an area for improvement;
- ❖ work with a partner to compose, remember and perform a matching sequence containing at least one roll, balance and jump;
- ❖ show good control when performing balances, jumps and rolls, and link movements together to make a sequence flow.



### Key Vocabulary

- ❖ dish roll
- ❖ egg roll
- ❖ half turn jump
- ❖ jumping jack
- ❖ landing
- ❖ log roll
- ❖ sequence
- ❖ straight jump
- ❖ teddy bear roll
- ❖ travel
- ❖ tuck jump

### Safeguarding

- ❖ Ensure appropriate warm-ups and cool downs.
- ❖ Follow the safety procedures recommended by Hampshire e.g., wearing of jewellery, carrying equipment safely.
- ❖ Ensure the children are appropriately dressed and have bare feet.

