

Parsonage Farm Nursery and Infant School

Year 2

PE: Gymnastics

Autumn 1

Knowledge

- ❖ Knows what the 'point of balance' means.
- ❖ Names some shapes jumps and safe landings.
- ❖ Names some different shapes that they can make.
- ❖ Names different body points and patches.
- ❖ Names different ways of travelling in gymnastics (e.g. rolling).
- ❖ Knows what moving with control is and why it is important.

Prior Knowledge and Skills

- ❖ To be able to name different types of rolls e.g. dish, pencil, teddy bear, egg.
- ❖ To be able to name different jumps: straight jump tuck jump, jumping jack, half turn.
- ❖ To be able to say how they can travel and move safely.
- ❖ To be able to describe how their body changes during exercise.

Skills

Children will be able to:

- ❖ **Do an egg, log and teddy bear roll**
- ❖ move from one roll into another roll and finish by standing;
- ❖ balance in a shape and with a partner
- ❖ **balance and take the weight on their hands and feet and move at different levels;**
- ❖ crab walk
- ❖ **copy and create movement sequences with a clear start and finish**
- ❖ move with agility, balance and coordination
- ❖ evaluate their own and other's work to improve;
- ❖ compete with their classmates;
- ❖ describe and understand things we can do to stay healthy;
- ❖ say how they feel before, during and after exercise.



Key Vocabulary

- ❖ gymnastics
- ❖ travel
- ❖ balances
- ❖ shapes
- ❖ points
- ❖ patches
- ❖ control
- ❖ point of balance
- ❖ rolls - curled side, crouched forward.

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.

