

Parsonage Farm Nursery and Infant School

Year 2

PE: Gymnastics- Apparatus

Spring 2

Knowledge

Children will:

- ❖ Know how to improve their work.
- ❖ Know how to link different movements to create a sequence that flows.
- ❖ Recognise and describe how the body feels during and after different physical activities.
- ❖ Explain what they need to stay healthy.



Prior Knowledge and Skills

- ❖ Create and perform a movement sequence.
- ❖ Copy actions and movement sequences with a beginning, middle and end.
- ❖ Link 2 actions to make a sequence.
- ❖ Recognise and copy contrasting actions (small/tall, narrow/wide).
- ❖ Rolls: log roll, side roll (egg roll), teddy bear roll,
- ❖ Jumps: straight, tuck, jumping jack, half turn
- ❖ Bunny hop, front support wheelbarrow with partner
- ❖ Travelling: tiptoe, step, jump and hop, hopscotch, skipping, galloping.
- ❖ Balances: standing, kneeling, pike, tuck, star, straight straddle shapes.

Skills

Children will be able to:

- ❖ Copy, explore and remember actions and movements to create their own sequence.
- ❖ Link actions to make a sequence.
- ❖ Travel in a variety of ways, including rolling.
- ❖ Hold a still shape whilst balancing on different points of the body.
- ❖ Jump in a variety of ways and land with increasing control and balance.
- ❖ Climb onto and jump off the equipment safely.
- ❖ Move with increasing control and care.
- ❖ Standing balances, kneeling balances, large body part balances, balances on apparatus, balances with a partner
- ❖ Pike, tuck, star, straight, straddle shapes
- ❖ Perform sequences of their own composition with coordination.
- ❖ Perform learnt skills with increasing control
- ❖ Watch and describe performances and use what they see to improve their own performance.
- ❖ Talk about the differences between their work and that of others.

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.