

UKS2: Gymnastics

Prior Learning

Children are beginning to...

- Select and combine ideas to compose specific sequences of movements, rolls, jumps, balances and shapes.
- Use an increasing range of movements, actions, directions, levels and heights within sequences.
- Perform a variety of balances on apparatus with confidence.
- Watch, describe and evaluate the effectiveness of a performance, giving ideas for improvements.



Vocabulary

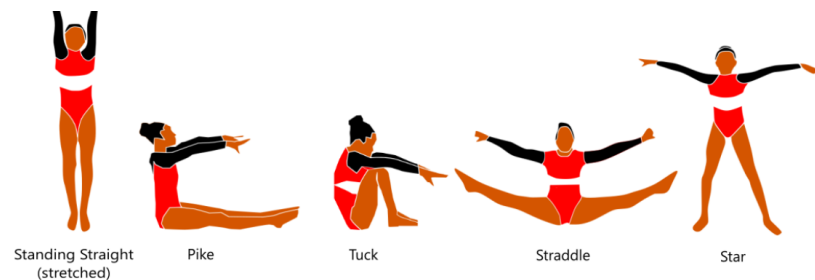
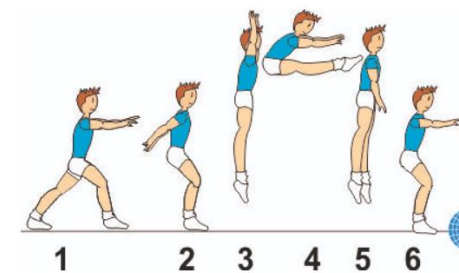
- Balance, control, counter balance, point, patch, jump, shapes, rolls, straddle, pike, apparatus, travel, link, sequence, movements, performance, transitions, pencil, tuck, star, half turn, full turn, pivot, cat leap, teddy bear roll, forwards roll, backwards roll, starting position, finishing position, front support, back support, levels, high, medium, low, landing, tiptoe, hop, side gallop, lunge, cartwheel, galloping, leaping.

To perform a forwards roll in gymnastics, you need to remember some important safety features:

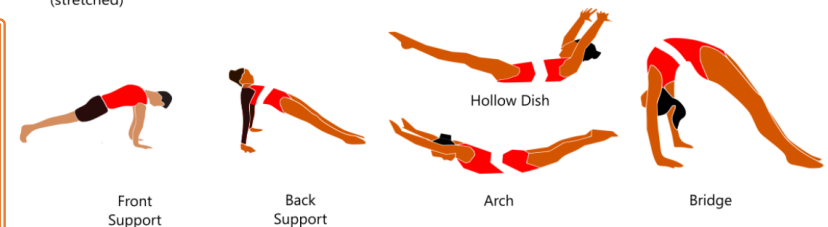
- Start in a frog position;
- Keep your chin tucked into your chest;
- Use your core strength to control your roll;
- Use your arm strength to guide and support your body.

Sticky Knowledge

A full turn jump is when the gymnast turns 360 degrees in the air, landing facing the same direction.



A half turn jump is when the gymnast turns 180 degrees in the air, landing facing the opposite direction.



When you jump in gymnastics, you must remember your starting position and landing position. Always land in your 'magic chair', keeping your knees bent, your body upright and your hands straight ahead.