



Year 2- Gymnastics



What is Gymnastics?

Gymnastics is a type of sports that includes physical exercising requiring balance, strength, flexibility, agility, coordination and endurance. The movements involved in gymnastics contribute to the development of the arms, legs, shoulders, back, chest and abdominal muscle groups.

Key vocabulary

Apparatus	Equipment used to support routines.
Basic Movements	Expressing an idea or movement in a given space- forwards, backwards, sideways, in the air or on the floor.
Rolls	A complete rotation of the body made on the ground.
Jumps	Pushing yourself off a surface and into the air by using muscles in your legs.
Balances	An even distribution of weight enabling someone to remain upright and steady.
Travelling	The different ways of moving.
Shapes	The different shapes you can make with your body.
Sequence	Performing two or more skills together to create a combination

Key knowledge I need to develop my skills

I know how to correctly and safely do a forward roll.

I know the different types of rolls and jumps and the correct technique for each.

I know how to confidently perform a balance.



Forward Roll

Single Balances



Jump Techniques