

Year 2 Gymnastics

Shape, Travel and Balance

This term we will continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. We will communicate, collaborate and learn how to improve our skills through gymnastics. In addition, we evaluate and recognise our own successes.

Gymnastics:

We will learn to develop our movement, speed, shape and balance. In addition, we will compare our performances with previous ones and demonstrate improvement to achieve our personal best.

| Key Vocabulary | | |
|----------------|-----------|--------------|
| core | strength | curl |
| roll | warm-up | shape |
| pencil | cool-down | sequence |
| egg | balance | movement |
| Teddy bear | wide | straight |
| shape | thin | instructions |



| Questions to develop learning | 5-star self-rating |
|--|--------------------|
| Can I perform some different balances? | ★ ★ ★ ★ ★ |
| Can I work with a partner to create and perform balances? | ★ ★ ★ ★ ★ |
| Can I compose, remember and perform a sequence of different shapes, travel and balances? | ★ ★ ★ ★ ★ |
| Can I show control when performing different shapes, travel and balances? | ★ ★ ★ ★ ★ |
| Can I link movements together to make my sequences flow? | ★ ★ ★ ★ ★ |