PE Year 2/3

Topic- Gymnastics 2

What is this topic about?

Throughout this gymnastic unit, children will continue to focus on increasing their range of basic gymnastic skills including travelling, rolling, jumping and balancing on small body parts with a change of direction and speed. Children will create simple sequences and then travel and balance using the apparatus. Children will learn to try new things even if they feel afraid of doing them. They will realise that it takes a lot of courage to keep trying new experiences.



I will show my PE skills by…

Travelling
Balancing on small body parts
Rolling
Jumping and landing
Creating sequences
Changing direction and speed
Transferring my gymnastics skills to the apparatus.
Smooth transitions between moves.

At the end of the Topic I will…

Know how to demonstrate a gymnastics sequence with at least 6 parts.
Know 2/3 different travelling and balancing actions using the apparatus.
Know how to jump and land correctly off apparatus.
Know that trust and passion is needed in gymnastics.



KEY VOCABULARY

Passion, trust, safety, balance, perform, jump, roll, sequence, travel, tuck, improve, apparatus, floor, control, smooth, extension, speed, land, evaluate, success, transition