









Key Stage 2 PE Knowledge organiser – Gymnastics

Learning Together, Learning for Life

Year Three Knowledge What will I know and do by the end of the unit?
<p>Adapt sequences to suit different types of apparatus.</p> <p>Choose actions that flow well into one another.</p> <p>Choose and plan sequences of contrasting actions.</p> <p>Complete actions with increasing balance and control.</p> <p>Move in unison with a partner.</p> <p>Use a greater number of my own ideas for movements in response to a task.</p> <p>With help, recognise how performances could be improved.</p>

Year Four Knowledge What will I know and do by the end of the unit?
<p>Identify some muscle groups used in gymnastic activities.</p> <p>Plan and perform sequences with a partner that include a change of level and shape.</p> <p>Provide feedback using appropriate language relating to the lesson.</p> <p>Safely perform balances individually and with a partner.</p> <p>Watch, describe and suggest possible improvements to others' performances and my own.</p> <p>Understand how body tension can improve the control and quality of my movements.</p>

What I will do:		
Physical Skills	Individual and partner balances 	Forward roll 
	Jumps using rotation 	Straddle roll 
	Straight roll 	Bridge 
	Barrel roll 	Shoulder stand 

Vocabulary I will know:	
technique	quality
sequence	perform
rotation	extension
apparatus	inverted
shape	
Social skills	<ul style="list-style-type: none"> • Responsibility • Collaboration • Communication • Respect
Emotional skills	<ul style="list-style-type: none"> • Confidence
Thinking skills	<ul style="list-style-type: none"> • Observing and feeding back • Selecting and using actions • Evaluating and improving sequences