

## KS2 Gymnastics

Gymnastics in KS2 will focus on creating routines both individually and in groups. Routines will consist of at least 3 elements; a jump, roll and balance. Routines may be put with music and when performed to groups will be analysed. Feedback will help to improve both personal and group performances.

### In this unit children will:

- Be able to work individually and as a team.
- Be able to hold a balance for 3 seconds with a range of different points on the floor.
- Perform different types of rolls including example; forwards, teddy bear, roly poly.
- Perform different types of jump including pencil jump and tuck jump.
- Be able to use different apparatus to perform a sequence.
- Be able to create a sequence using a combination of elements.

### Prior Learning

Year 1 Gymnastics

Year 2 Gymnastics

### Cross Curricular Links

Gymnastics can be linked to maths for counting and sequencing, as well as direction. It can be linked to topic through a piece of music.

## Key Vocabulary

**Balance-** An even distribution of weight enabling someone or something to remain upright and steady

**Balance Beam:** The Balance Beam, or simply "Beam" is one of the four gymnastics events. A low beam or floor beam is a popular piece of home gymnastics equipment.

**Apparatus-** the technical equipment or machinery needed for a particular activity or purpose.

**Sequence –** a particular order in which related things follow each other.

**Skill:** A gymnastics skill is a single move

**Mount:** A mount is the skill used to get on the apparatus. Mounts are needed for Balance Beam and Uneven Bars.

**Tuck:** The tuck position is when your knees are brought in to your chest. Your knees should be touching your chest and each other with your toes pointed.

**Bridge:** A bridge is one of the most basic skills or shapes in gymnastics. To do a bridge, the gymnast lies flat on the floor, and then pushes up so that she is supported by her hands and feet. It's easier to understand by looking at the picture.

## Rules and Regulations

- No jewellery of any type can be worn.
  - Hair must be tied away from the face at all times.
  - No shoes are allowed on the gym floor. Socks and tights are unsafe in the gym because they are slippery on the apparatus/equipment, mats and hard floors, therefore they are not allowed.
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- **A performance will consist of at least 3 elements; a jump, a balance and a roll (in any combination).**
  - **A balance must be held for 3 seconds to constitute a successful element.**
  - **Performances may be done to music and the routine pace will correlate with that.**
  - **A group of performers will make their own routine considering the use of canon and unison in their performance.**
  - **Performances will on occasion be displayed to the class and these will be critiqued and analysed.**
  - **Analysis of performances will include 2 positive attributes and 1 improvement.**



## Equipment

- Mats
- benches
- boxes
- climbing frame

## Key Questions

- What is a routine?
- What combination can you include in a routine?
- How can you improve your performance?
- What equipment is available for a routine?