

LKS2 Gymnastics

This term's focus is to learn differences in core tasks. For example, tuck jumps, pencil jumps and star jumps. Also, forwards rolls, pencil rolls, teddy bear rolls and balancing on different points. You will practice mirroring and copying friends.

Gymnastics LKS2

Children will be able to:

- Perform 3 different rolls
 - Perform 3 different balances
- Perform 3 different jumps
 - Mirror a partner
- Combine 3 movements into a sequence.
 - Move in time with a partner.

Key Vocabulary

Balance- An even distribution of weight on a point or more to hold a position.

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.

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

Sequence- An order of moves put together.

Prior Learning

EYFS- Gymnastics skills

KS1- Gymnastics

Cross Curricular Links- Maths

Key Questions

What are the different types of rolls?
How long should I hold a balance for?

Safety

All children will wear correct PE kit, no shoes to be worn in the hall. Children will have their hair tied back and earrings removed or covered.

Forwards rolls will be taught whole-part-whole.

