

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?