

Gymnastics

Year 2

Spring 1


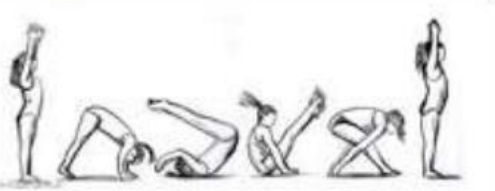


Lesson sequence

To be written after the sessions as it is taught by external company.

More detailed knowledge and information

Gymnastics in year two is all about performing basic shapes with control. The children will also be performing balances making body tense or stretched. They will be perfecting their starting and finishing shapes.

Visual representations

Sequence	
Travel	
Balance	
Shape	

New vocabulary that I will learn

Gymnastics: A sport displaying physical agility and coordination.

Warm up: First 5 minutes of a lesson where we get our body ready for sport.

Balance: Learning how not fall over.

Hopping: Jumping and landing on one foot.

Jumping: Pushing through legs so both feet leave the ground.

Control: Using muscles to keep arms and legs in a required position.

Mat: Spongy, padded floor covering to practise gymnastics on.

Press up: Lying on the floor push up with arms, keeping body straight.

Safety/rules

Wear the correct PE kit

No jewellery

Tie long hair up

Wear the correct footwear

Listen to the teacher

Be a good team player and show good sportsmanship

Have FUN!