

# KS2 YEAR 3, 4, 5 & 6

# Physical Education GYMNASTICS



## WHAT SHOULD I ALREADY KNOW?

I know how to...

Copy, explore and remember actions and movements to create their own sequence.

Link actions to make a sequence.

Travel in a variety of ways, including rolling.

Hold a still shape whilst balancing on different points of the body.

Jump in a variety of ways and land with increasing control and balance.

Climb onto and jump off the equipment safely.

Move with increasing control and care.

## VOCABULARY

Control	Awareness and manipulation of physical elements of the body required to execute a skill.
Chassis Step	Movement in which the gymnast hops forwards or sideways onto the ball of one foot and then brings the ball of the other foot to meet it, before hopping again onto the ball of the first foot.
Fluency	Actions performed smoothly and gracefully and with neat transitions between movements or sections of a sequence
Pivot	Movement in which the gymnast rotates on the ball of one foot.
Vault	The action of travelling onto, or over, the vaulting box or other apparatus.

## STICKY KNOWLEDGE

Straight jump

Tuck jump

Jumping jack

Star jump

Straddle jump

Pike jump

Stag jump

Straight jump half-turn

Straight jump full-turn

Cat leap

Cat leap half-turn

Cat leap full-turn

Split leap

Stag leap

## GREAT GYMNASTS

### SIMONE BILES



Simone Arienne Biles is an American artistic gymnast. With a combined total of 32 Olympic and World Championship medals, Biles is tied as the most decorated gymnast of all time. Biles' seven Olympic medals also ties Shannon Miller for the most Olympic medals won by an American female gymnast.  
<https://usagym.org/pages/athletes/athleteListDetail.html?id=164887>

## WEAVING CONCEPTS

