

Physical Education Knowledge Organiser

Strand: Gymnastics

UKS2

Southwold Primary School



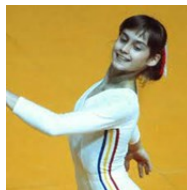
What should I already know?

- Reinforce finding space, travelling at different levels, speeds and changing direction on the floor to create a sequence.
- How to perform the five body shapes, interlinking with small and large body part balances.
- The different types of balances, as well as a box balance with a partner.
- How to execute a variety of roles safely.
- Jumping and landing on the floor and off apparatus.
- How to create a sequence in either a group or solo.

What will I know by the end of this unit?

- How to refine performance and creativity in travelling and space incorporating shape, balance and travel into a sequence.
- How to develop and refine rolling actions incorporating roles into duet sequences.
- How to perform shapes and balances accurately and consistently as a solo and with others, including symmetrical and asymmetrical body shapes.
- How to do a variety of jumping and landing actions on the floor and small apparatus.
- How to create a sequence in either a group or solo, including canon, unison, pathways, transferring actions and mirroring onto the apparatus.

Famous Sports People



Nadia Comăneci

Romanian gymnast and five-time Olympic gold medallist.



Max Whitlock OBE

British artistic gymnast. 14 medals and 6 titles in Olympic and world championships. He is the most successful gymnast in his nations history.

Gymnastic Body Positions



STRAIGHT



ARCH



CHEST PIKE
(hollow)



PIKE



STRADDLE



SQUAT



TUCK



LUNGE



Vocabulary

strength	Strength is the amount of force a muscle can exert against a resistance.
technique	A technique is a way of performing a skill.
flexibility	The quality of bending easily without hurting yourself.
complex	An extended sequence of moves, each with a high level of challenge.
travel	To move from one place to another place.
unison	Pupils perform the same movement at exactly the same time as each other.
canon	Pupils perform the same movement one after the other.
levels	This refers to when a gymnast is creating movements and balances that are performed using different heights either
counter balance	A pushing balance.
counter tension	A pulling balance.
flow	To move from one action to another without stopping.
mirroring	Pupils perform their movements creating a mirror image of each other.