



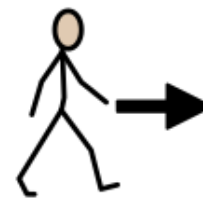
speed

R

rhythm



cartwheel



forward roll



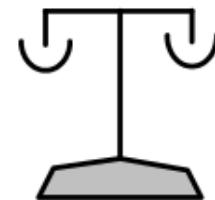
backwards
roll



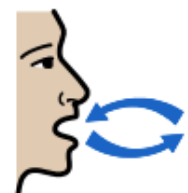
bunny hop



PE: Gymnastics - Year 2



balance



breathe



squat



focus



springboard



land

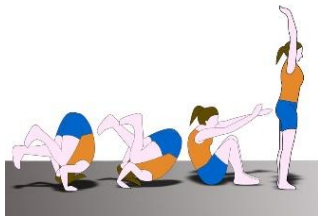




straddle



jump

Y2 Physical Education: Gymnastics – Topic Vocabulary Mat

Subject Specific Vocabulary		Relevant Pictures and Information	Exciting Websites
Rhythm	To control timing.	 	<ul style="list-style-type: none">https://www.better.org.uk/what-we-offer/lessons-and-courses/gymnastics-lessons
Speed	How quickly or slowly an action is done.		Pioneers and Role Models
Cartwheel	A circular sideways handspring with the arms and legs extended.		 <ul style="list-style-type: none">Simone Arianne Biles is an American artistic gymnast.Her seven Olympic medals tied with Shannon Miller for the most Olympic medals won by an American gymnast.She is instrumental in helping raise awareness of support needed for young athletes and their mental health.
Forward roll	To tuck your head and roll your body over forwards.		
Backwards roll	To tuck your head and roll your body over backwards.		
Teddy bear roll	To hold your legs and rock your body from back to legs.		
Balance	To keep weight and body upright.	What I've Learnt Already	Key Knowledge
Jump variation	Different heights and distances of jumps.	Year 1- How to: <ul style="list-style-type: none">Correct stretch muscles in the warm up.Have a basic understanding that conditioning builds muscle strength & endurance.Safely land and finish.All basic gymnastics shapes.Safely forward roll. I understand that/how: <ul style="list-style-type: none">It is important for us to warm up before we start gymnastics.We only jump once on a springboardTo safely enter and exit partner balances and what to do if the balance becomes unsafe.Long balances are held for (3 seconds)	<ul style="list-style-type: none">To know how to correct stretch muscles in the warm up.To have a basic understanding that conditioning builds muscle strength & endurance.
Squat	To crouch onto knees with a straight back.		<ul style="list-style-type: none">To know all basic gymnastics shapes.
Straddle	To sit or stand with one leg on either side of.		<ul style="list-style-type: none">To know how to safely forward roll.
Bunny hops	Jumping forward in a crouched position.		<ul style="list-style-type: none">To know how to throw, kick, roll or bounce a ball in game.
Springboard	A board that assists a gymnast's jump.		<ul style="list-style-type: none">To understand that it is important for us to warm up before we start gymnastics.
Trestle table	A layered table that you can change the height of to jump over.	Skills I am Developing	<ul style="list-style-type: none">To know that we only jump once on a springboard.To know the rhythm and order of a cartwheel - hand, hand, foot.
Landing	The completion of a jump.	<ul style="list-style-type: none">Forward and backwards rolls.Teddy bear rolls.Beginning cartwheels.Squats and straddles over a box.Bunny hopsIndividual and partner balances.Jumps off a trestle table and springboard	<ul style="list-style-type: none">To know how to safely enter and exit partner balances and what to do if the balance becomes unsafe.