

Key Learning and Vocabulary—Gymnastics

KS1 PE

Children can warm up effectively demonstrating pulse raising activities, stretching and conditioning exercises.

Pulse raising exercise examples:

- Running
- Jumping
- Star jumps
- Hopping
- Skipping

Stretching and conditioning—Start from the top of the head down to the toes for example:

- Moving head from side to side, up and down
- Shoulder rolls
- Arm circles
- Side stretches
- Hip circles
- Hamstring stretches
- Floor exercises - stretches to include hamstrings, hips and ankles.



Travel

Travel can be performed during exercises and sequences in a variety of ways to include:

- **Directions:** Forwards, backwards, right and left.
- **Levels:** Low, medium and high.

Children will be able to demonstrate and talk about the following Shapes, balances, jumps and rolls:

Shapes

Straight Tuck Straddle



Star Pike Landing



Balances



Jumps



Half turn

Straight, tuck, star, straddle and half turn to be performed.

All jumps should end in the landing shape.

Rolls

pencil Roll

Lie on mat facing up
Tuck arms tight
Lift arms above head
Put hands together
Roll shoulders and keep rolling

EGG ROLL

- ✗ LAY SIDEWAYS AND GRAB YOUR KNEES WITH YOUR HANDS AND PULL YOUR SELF INTO A TIGHT BALL
- ✗ STAY IN A BALL AND ROLL SIDEWAYS DOWN THE MAT
- ✗ READJUST YOUR BODY IF YOU ROLL OFF THE MAT

FORWARD ROLL

- ✗ START IN A FULL SQUAT WITH YOUR HANDS OUT IN FRONT
- ✗ TUCK YOUR CHIN INTO YOUR CHEST
- ✗ PUSH WITH YOUR LEGS AND PLACE YOUR HANDS DOWN ON THE MAT FIRST
- ✗ ROLL ON THE BACK PART OF YOUR HEAD AND STAY IN A TIGHT BALL GRABBING YOUR KNEES AS YOU ROLL
- ✗ LET YOUR MOMENTUM CARRY YOU BACK TO YOUR FEET

Key Learning and Vocabulary—Gymnastics

LKS2 PE

Children will be able to perform more complex sequences using smooth transitions from movement to movement. A combination of jumps, balances and rolls will be used on the apparatus along with travel. These sequences will also have elements of flow using dynamics such as fast and slow.

Shapes



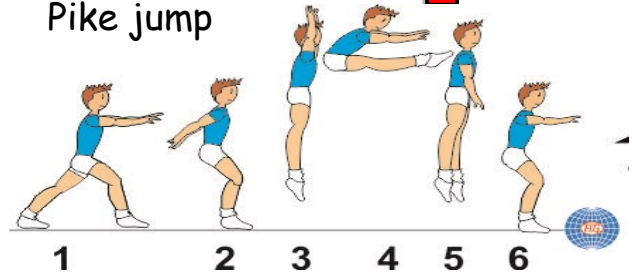
Tuck sit

Needle

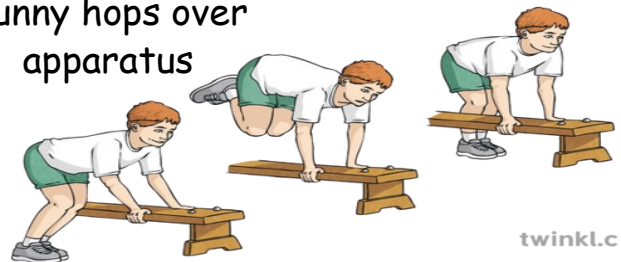
Straddle

Jumps

Pike jump



Bunny hops over apparatus



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Balances



V-Sit hold—stretched legs and pointed toes are encouraged

Introduction to Bridge— Bent legs in the bridge position



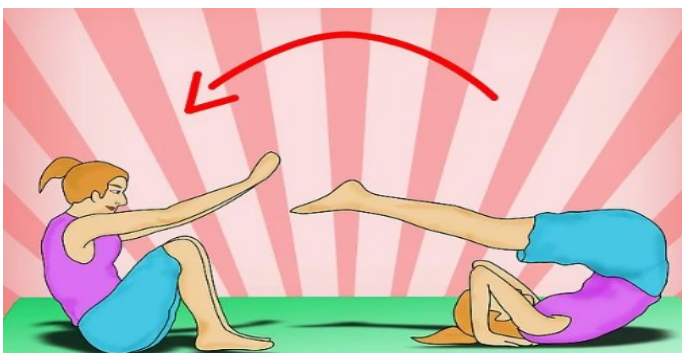
Rolls



Teddy Bear Roll

- Sit in straddle position
- Legs straight and toes pointed
- Hands just below knees
- Back rounded

Children will be able to **identify and demonstrate** all of the shapes, jumps, balances and rolls, identifying key teaching points and using the **correct technical vocabulary.**



Preparation for Backwards Roll

Practice rocking backwards, using your arms to help you sit back upright.

Key Learning and Vocabulary—Gymnastics

UKS2 PE

Children can perform and create a wide range of complex sequences working alongside their peers. They can understand how to use the apparatus safely and effectively, designing their own stations and sharing their ideas with others.

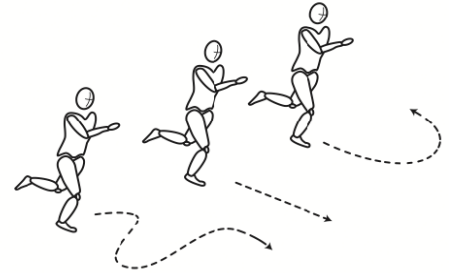
Mirroring Unison Pathways



Exercises are performed as if you are mirror of the other person



Performing actions at the same time as your partner



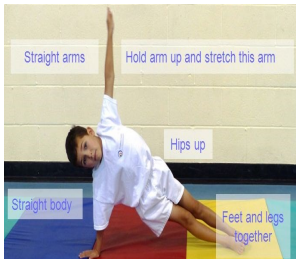
Patterns created in the air or on the floor.

Shapes

Front support



Back support



Side support

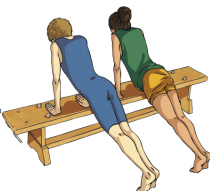


T-Shape

Balances

1. Side-by-Side Front Support

- Start side-by-side and rest your hands on the bench shoulder width apart.
- Stretch your legs out straight behind you to make the front support position.
- Make sure your bottom is not sticking up in the air and you have a straight back.



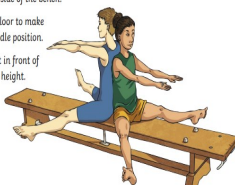
2. Arch Position across Bench

- Start by lying across the bench side-by-side.
- Get into the arch position by lifting arms and legs up.
- Your hips and tummy should be in contact with the bench.



3. Back-to-Back Sitting Straddle

- Start by sitting back-to-back with your legs either side of the bench.
- Lift feet off the floor to make the sitting straddle position.
- Extend arms out in front of you at shoulder height.



4. Feet-to-Feet Straddle on Back

- Start by lying down on your back opposite one another.
- Get into the straddle position on your back.
- Try to get your bottoms, legs and heels in contact with one another.
- Extend your arms out to the side at shoulder height.



Partner balances are performed in unison using mirroring,



Jumps

Full turn



Children will be able to jump off higher apparatus, using vaults and springboards

Bridge



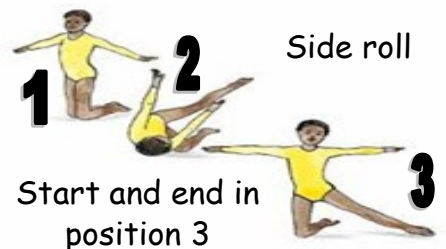
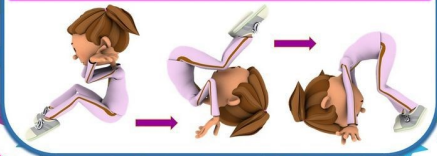
Straight legs are encouraged



Rolls

BACKWARD ROLL

- START BACKWARD IN A FULL SQUAT WITH YOUR HANDS BESIDE YOUR EARS AND YOUR PALMS UP
- ROLL BACKWARD UNTIL YOUR HEAD AND HANDS TOUCH THE MAT AND THEN PUSH UP EVENLY WITH YOUR HANDS
- LIFT YOUR HEAD SLIGHTLY OFF THE MAT (BY PUSHING WITH YOUR HANDS) WHILE YOU ROLL IN A TIGHT BALL
- LET YOUR MOMENTUM CARRY YOU BACK TO YOUR FEET



Start and end in position 3