



Mossfield Primary School Knowledge Organiser

Year 2 – Autumn 1

Gymnastics



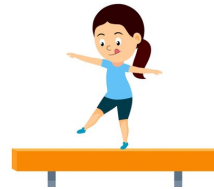
During this unit children will explore how to move their bodies off the ground using a variety of body parts such as their hands. Children will sequence movements and use a variety of apparatus.

Key Learning

To show various ways of travelling and balancing with the body close to or far away from the ground.



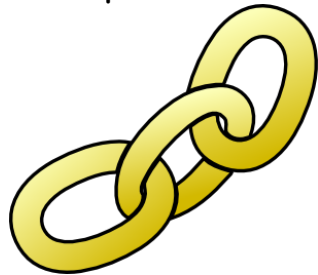
To understand and demonstrate various ways of travelling and balancing with different parts of the body being the highest point or the closest to the ground.



To take weight confidently on hands to lift the feet high.



To plan and link together two of three movements showing control and co-ordination and an awareness of contrast in speed.



To travel underneath a partner who is holding a balanced bridge position.



To transfer and apply ideas and linked movements to appropriate apparatus.



Key Vocabulary

apparatus	The technical equipment needed for a particular activity or purpose.
balancing	Stay in a steady position so that it does not fall.
control	To be able to direct an activity.
co-ordination	The ability to use different parts of the body together smoothly and efficiently.
travelling	The action or activity of going from one place to another, typically over a distance of some length.