Gymnastics

Gymnastics in year 2 will focus on creating routines and sequences of movements individually and in groups.

We will be learning different jumps, rolls and balances.

Children will practice and perform sequences with changes in speed and direction.

The class will give feedback of what was good.

In this unit children will:

Be able to work individually and as a team.

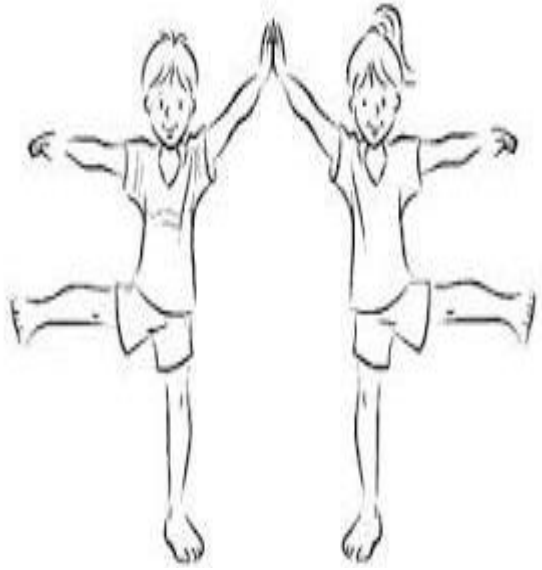
Be able to hold a balance for 3 seconds with a range of different body parts on the floor.

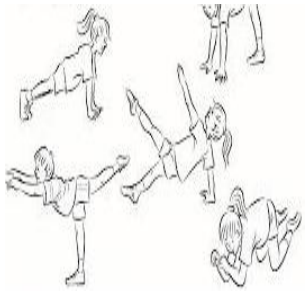
Perform different types of rolls e.g. forwards, egg, log.

Perform different types of jump including pencil jump and tuck jump.

Be able to use different apparatus to perform a sequence.

Be able to create a sequence using a combination of elements.





Gymnastics is good for your body because:

It keeps you fit and healthy.
It makes you more flexible
It helps you balance
It can build your confidence
You can be creative

Rules and Regulations

No jewellery of any type can be worn.
Hair must always be tied away from the face
No shoes. Socks and tights are unsafe because they are slippery on the apparatus/equipment, mats and hard floors, therefore they are not allowed.

Equipment

Mats
Benches
Boxes
Balance beam

Key Vocabulary

Balance- An even distribution of weight so you can remain steady

Apparatus- the large equipment we use in gymnastics lessons.

Sequence – an order in which movements and balances follow each other.

Skill: A gymnastics skill is a single move

High – Keeping most of your body far away from the ground and as tall as possible.

Low – Keeping your body as close to the ground as possible.

Narrow – making your body straight and small.

Wide – making your body as spread out and open as possible.