

Year 2 Gymnastics Unit 2

National Curriculum objectives

Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.

Key Learning

- Explore medium level shapes with linking, mirroring and balances
- Compare and contrast low and medium level shapes with confidence and rehearse them
- Roll safely using a variety of rolling techniques. Incorporate two shapes into a sequence.
- Perform low level shapes with some precision and perform shapes in flight
- Use apparatus (extended) safely with entrances, exits, balances and including medium level shapes
- Jump and land safely using apparatus, including from a variety of heights, directions and landings
- Model linking and mirroring of low-level shapes. Including balancing & travel with a partner using mirroring technique

Equipment

- 15-30 Safety mats – ‘see teaching tips’
- Apparatus including: benches; low, medium and high-level boxes; spring board
- Crash mat
- 10 Cones
- 2x Bibs
- Hoops
- Floor spots/flat markers
- Ropes (plain skipping ropes)

Key Vocabulary

Apparatus: Equipment needed to walk across, jump from, balance on e.g. climbing frame
Arch: A position, in which the back is curved backwards, the chest is open and the body makes a curved shape.
Balance: A static (still) position which holds the body in a position.
Dish: Long sit, bringing arms past the ears, lie back to form the 'dish shape'.
Egg roll/tuck roll: Roll in a tucked position
Entrance & exit: To start a performance, an entrance is how you mark the beginning and the exit is how to end your routine, e.g. 3 second balance.
Jumping: Leaping into the air, either from the floor or from an object onto the floor.
Landing: The end of a jump, returning to the floor.
Log roll: Sideways roll with arms by side and body tight
Low level shape: Creating body shapes low to the ground, e.g. crab shape, bunny hop.
Medium level shape: Creating body shapes at waist height, e.g. lunge, bridge.
Pencil and star shapes: Positions where the body is in the shape of a pencil and a star.
Pike: A position with the body bent forward at the waist with the legs kept straight.
Shoulder roll: Rolling onto shoulder, over your back and onto your other shoulder.
Straddle: A body position where the body faces forward and the legs are spread far apart to the side.
Teddy bear roll: Start as sitting straddle, roll sideways across back and shoulders. End in straddle sit facing in the opposite direction from start.
Tuck: A position where the knees and hips are bent and drawn into the chest with the hands holding the knees.

Key Questions

Why do you think it is important to use squashy knees when landing?

Why will these shapes help us be better gymnasts?

What makes a high-level shape different to a medium level shape?

What is momentum? Why is it going to help us to roll forwards and backwards?

Safety

- Remove all jewellery including earrings
- Long hair must be tied back
- (safety) Mats used one between two or one per pupil
- Use correct techniques
- Complete a warm-up and cool-down