

## Year 2 Gymnastics Unit 1

### 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

### Key Vocabulary

- 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.
- Control:** Being able to use your body in a precise manner.
- Dish:** Long sit, bringing arms past the ears, lie back to form the 'dish shape'
- 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.
- Linking:** A way of changing from one movement to another, with a transition/link.
- Mirroring:** To reflect the movements, shapes and positions of a partner like a reflection in a mirror.
- Pike:** A position with the body bent forward at the waist with the legs kept straight.
- Straddle:** A body position where the body faces forward, and the legs are spread far apart to the side.
- Tuck:** A position where the knees and hips are bent and drawn into the chest with the hands holding the knees.
- Velocity:** An object travelling at speed in one direction.

### Equipment

- 40 to 50 Cones
- 30 Bibs
- 15 Safety mats
- Apparatus, including:
  - Benches
  - low and medium level boxes
  - Hoops (6-10)
  - ladders
  - wall bars

### Key Questions

What things did you show when performing?

How can you travel creatively?

How many points of contact is in this shape?

How can you travel creatively using jumping skills?

### Safety

- Remove all jewellery including earrings
- Long hair must be tied back
- Wear suitable footwear
- Use correct techniques
- Complete a warm-up and cool-down