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| **Goonhavern Primary School** | | |
| **TOPIC: PE** | **YEAR: 2** | **STRAND: Gymnastics** |

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| **What should I know already?** | **What will I know by the end of the unit?** | |
| -Respond to instructions and commands  -Move between mats and small apparatus and change the speed of movement.  -Be still in different body shapes and balances  -How to combine different ways of travelling.  -Handle apparatus safely.  -Recognise how it feels when the body is tense.  -How to balance using different body parts | | How to create a short sequence of movements with a beginning, middle and end |
| Create more challenging shapes and balances using different body parts |
| How to safely perform these shapes/balances on apparatus |
| How to safely and creatively travel low and high, changing pace/direction and across apparatus |
| How to smoothly transition from a movement into a balance |
| To know and create the body shapes: Star, Tuck, Pike, Arch and Dish |
| Know different types of rolling:  Pencil (sausage), Hedgehog (forward), Rocking (onto back) Rocking to stand with help |
| How to safely perform straight jumps off apparatus and land with a good technique |
| **School Values** | | |
| **Five Ways to Wellbeing** | | |

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| **Vocabulary** | |
| Sequence | An order of movements |
| balance | Holding a position |
| Apparatus | Equipment we can climb or travel on |
| Travel | How we move |
| Transition | Changing |
| Star | Arms and legs spread out |
| Tuck | Legs and arms folded into chest |
| Pike | Bent at the waist with legs out straight |
| Arch | Back creating a curve |
| Dish | Long sit and then roll back bringing legs up |
| Straight | Vertical line |
| Curved | A position with a bend |

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| **Image/diagram that helps me to articulate my knowledge/understanding** | **Investigate!** |
| See links ------> | Frozen Tag:  <https://www.sportaus.gov.au/__data/assets/pdf_file/0010/703927/Frozen-tag.pdf>  Spaghetti Bodies:  <https://www.sportaus.gov.au/__data/assets/pdf_file/0010/703990/Spaghetti-bodies.pdf>  Shapes in spaces:  <https://www.sportaus.gov.au/__data/assets/pdf_file/0006/703986/Shapes-in-space.pdf>  Stone, Bridge and Tree  <https://www.sportaus.gov.au/__data/assets/pdf_file/0005/703994/Stone-bridge-and-tree.pdf>  Build up skills to being able to perform a sequence of movements in partners or small groups.  More able children may be confident to do it individually |