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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  |