



Physical Education

Gymnastics Year 2

Unit Purpose

The unit of work will **challenge** pupils to explore different ways that they can **link** movements and balances together while travelling along a variety of pathways.

Pupils will apply 'champion gymnastics' and be able to perform a sequence on apparatus while travelling along a chosen pathway.

Inspire Me

Beth Tweddle MBE was the first female gymnast from Great Britain to win a medal at the European Championships, World Championships, and Olympic Games.



Key Success Criteria

- P** Pupils will be able to link movements and balances together, applying champion gymnastics criteria, on the floor and on apparatus.
- C** Pupils will demonstrate an understanding of the concept of flow and apply this to their developing sequences.
- S** Pupils will demonstrate life skills such as empathy and gratitude as they work safely with each other. Pupils will support each other and share apparatus.
- W** Pupils will confidently demonstrate self belief and courage as they create their own sequences and challenge themselves to try a range of movement and balances.



Vocabulary for Learning

Champion Gymnastics: Champion refers to pupils being silent, pointing their fingers and toes and are still when they make shapes/balances.

Linking: This means successfully adding two movements together so that they flow one after the other.

Flow: This is when a gymnast moves from one action to another without stopping.

Transition: The term transition means to move into and out of basic movements, actions or balances.



Sport Specific Vocabulary

Zig-Zag: This means a line or course having abrupt alternate right and left turns that a pupil follows as they create movements.

Curved: This means a line or outline which gradually deviates from being straight for some or all of its length. Pupils can follow this line as they create movements.

Sequence: This is a combination of controlled movements, balances or actions that have been added (linked) together in a particular order.

