

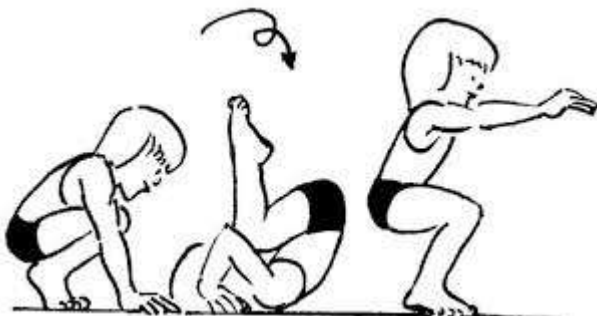
Year 2



Knowledge Organiser: PE

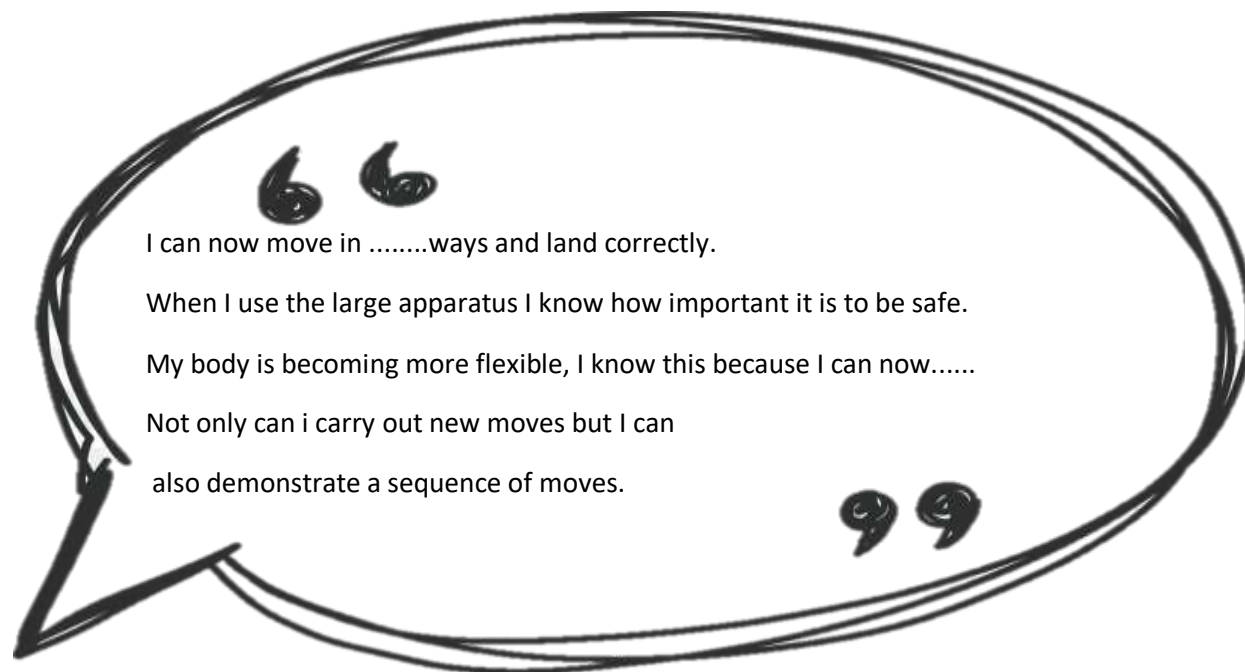
Gymnastics

Key Vocabulary			
Actions	Control	Flexibility	Variety
Position	Apparatus	Extension	Tuck
Straddle	Sequence	Balance	Travel



In Year 1, you learnt :

- How to use rhythm when travelling
- How to use equipment with accuracy
- How to travel with safety and control
- How to use speed skilfully
- How to demonstrate the correct posture



Key facts	Key skills
To copy and remember actions. Hold a position. Climb safely on large equipment. Develop flexibility. Jump in a variety of ways.	Travel by rolling forwards, backwards and sideways. Balance on different parts of your body. Use large apparatus. Stretch and curl your body. Jump and land in different ways with increasing control.