



Reception- Knowledge Organiser - PE

Unit - Gymnastics (Unit 1)

Inspirational Athletes

Gabby Douglas – 2012 Olympic all around champion and 2015 World all around silver medallist

Joe Fraser – 2019 only the third British world champion in history on the parallel bars.



Equipment

Mats, hoops, cones, wall bars, beanbags, low apparatus, balls, ropes, action cards



Prior Learning

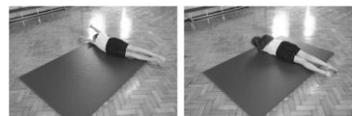
Basic movements including crawling, jumping, walking, running, rolling and taking weight on hands
Ability to follow simple instructions
Repeat simple movements and shapes

Subject Specific Vocabulary

Balance	The ability to move or remain in position without losing control or falling
Control	To exercise authority or a dominating influence over something
Movement	The act of moving.
Pattern	Motion from one event to another
Travel	To move from one place to another
Stretch	Lengthening a body part to its full length
Timing	The control of when something is done
Roll	Moving in a particular direction by turning over and over an axis



Diagram



Pike



Front Straddle



Sticky Knowledge

In gymnastics, travelling means moving from one area to another in ways such as jumping, rolling, crawling, leaping, turning.

When taking off, the further down you bend your knees the more power you will have to jump.

When landing from a jump, land with bent, soft knees and use your arms to stop falling.

We use different apparatus during gymnastics such as: table tops, benches and mats.

KS1 - Knowledge Organiser - PE

Unit - Gymnastics (Unit 1)

Inspirational Athletes

Max Whitlock – most successful British artistic gymnast. 2015, 2017 and 2019 world pommel champion.

Yang Hak Seon – first South Korean gymnast to win an Olympic gold medal.



Equipment

Mats, hoops, cones, wall bars, beanbags, low apparatus, balls, ropes, action cards



Prior Learning

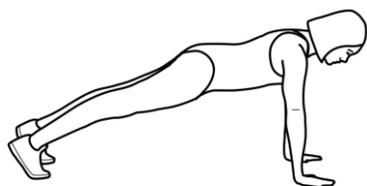
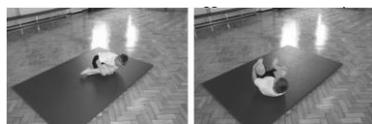
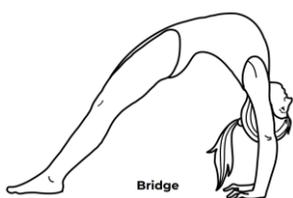
Develop confidence in fundamental movements
Experience jumping, sliding, rolling, moving over, under and on apparatus
Develop coordination and gross motor skills
Begin to link simple balance, jump and travel actions



Subject Specific Vocabulary

Speed	The rate of which someone moves
Link	Connection ideas or movements together
Hang	Suspend from above with the lower part dangling free
Carry	To move something from one place to another
Extension	Straightening/stretching out a flexed limb
Body tension	A force tending to straighten or elongate something
Strength	The state of being physically strong
Turn	Move in a circular direction (wholly or partly) round an axis or point

Diagram



Sticky Knowledge

You need to warm up adequately before you begin a gymnastics session to avoid injury.

When jumping, swinging your arms will help you to drive upwards.

Transitioning from one element of gymnastics to another needs to be smooth.

When performing, you need to remember to have: good body tension, use different pathways and speed, smooth and continuous transitions, flexibility and strength and define start and end shapes.

LKS2 - Knowledge Organiser - PE

Unit - Gymnastics (Unit 1)

Inspirational Athletes

Amy Tinkler – 2016 Olympic floor bronze medallist and 2015 British all round champion.

Courtney Tulloch – 2018 Commonwealth Games: Team England gold, rings champion and vault silver



Equipment

Mats, hoops, cones, wall bars, beanbags, low apparatus, balls, skipping ropes, ropes, action cards



Prior Learning

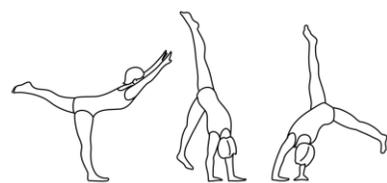
Use core strength to link recognised gymnastic elements
 Create and perform a simple sequence
 Perform with control and consistency basic actions at different speeds and levels
 Attempt to use rhythm whilst performing a sequence

Subject Specific Vocabulary

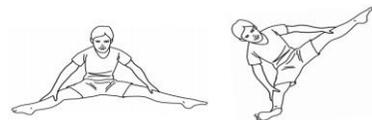
Fluency	Being capable to move effortlessly and smooth with ease once mastered a skill/technique
Contrasting	The state of being different to something else
Unison	Perform the same movements at the same time
Combinations	Joining of different parts in which the component elements are individually distinct
Explosive	More strength + Faster Speed The faster you perform a movement
Direction	A course along which someone moves
Compositional	Structure of gymnastics routines and how each element, movement or skill is arranged
Leap	Take off on one leg and land on one or two legs



Diagram



Cartwheel



Dolly Roll

Sticky Knowledge

To be more explosive during movements you need to apply more strength and move at a faster speed.

Some actions are better swiftly performed and others more slowly.

Change in direction improves the aesthetical appearance.

A change in direction can be performed as a roll, a skip, a jump, a hop, a skip, a run.

Sequences need to have a start and finishing position.

UKS2 - Knowledge Organiser - PE

Unit - Gymnastics (Unit 1)

Inspirational Athletes

Simone Biles – 2016 Olympics: 4 gold medals and 1 bronze in gymnastics.

Nikolai Andrianov – (died 21/03/2011). Held the record for the most Olympic medals (7 golds, 5 silver and 3 bronze)



Equipment

Mats, hoops, cones, wall bars, beanbags, low apparatus, balls, ropes, action cards, table tops



Prior Learning

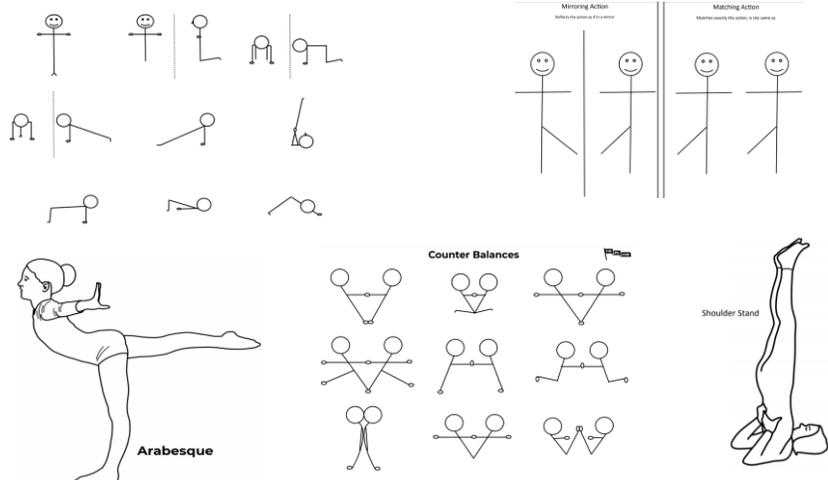
Become increasingly competent and confident performing skills more consistently
To perform in time with a partner and group
Use compositional ideas in sequence changes (height, speed and direction)
Refine taking weight on small and large parts of the body



Subject Specific Vocabulary

Symmetry	Any shape the body makes which, if divided down the middle with an imaginary line, would show that each side is the same and forms a mirror image of the other side.
Asymmetrical	a shape that is different on either side of the body
Compose	Creating something (e.g. a sequence)
Flexibility	is the ability of a joint or series of joints to move through an unrestricted, pain free range of motion
Aesthetics	Movements which are harmonious, rhythmic, and dynamic performed with economical and natural use of strength.
Stamina	The ability to sustain prolonged physical or mental efforts
Counterbalancing	Where partners are doing equal amount of work to hold each other up.
Vault	Where a gymnast leaps over a form e.g. a pommel horse

Diagram



Sticky Knowledge

To achieve success during flight you need the equation: $\text{Power} + \text{Speed} = \text{Height}$.

When dismounting equipment children need to land with bent legs with their arms bent forward to help balance.

Equipment (beanbags, hoops, balls) needs to be under control during routines for the safety of those involved.

Timing is crucial for the effective use of unison. Performing an action at the same time increases its impact during performance.