

Reception - Knowledge Organiser - PE

Unit – Gymnastics

Inspiration

Bryony Page – Trampoline Bronze Medallist at Tokyo 2020. She won Silver in Rio 2016 for the same event.

<https://www.youtube.com/watch?v=o8G4J33wCfE>

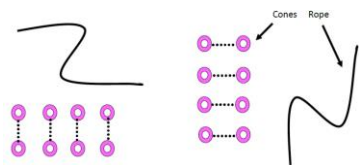


Equipment

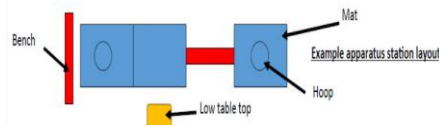
Mats, hoops, benches, table tops, balls, skipping ropes, throw down spots, cones, bean bags, wall bars

Diagrams

Snakes and Ladders



Apparatus Example Layout



Prior Learning

Basic movements such as: walking, running, rolling, crawling, jumping

Being able to follow instructions

Being able to replicate basic demonstrations

Copy and repeat simple movements and shapes

Sticky Knowledge

When we move quickly our heart beats faster and we can start to sweat.

When jumping we need to bend our knees to generate power.

If something is difficult, I persevere to achieve the outcome

Outcomes

Using the work from Cooperate and Solve Problems (Outdoor PE) and from the Gymnastics unit – can the children work together to spell St James Academy using their bodies.

Subject Specific Vocabulary

Balance	A steady position where the gymnast isn't falling over
Control	Having stability of your body and movements
Link	Connecting movements together
Pattern	A movement which crosses over from event to event
Stretch	Straighten or extend a body part to its full length

Tier 2 Vocabulary

Confidence	Believing that you're able to do something
Try	Attempting to do something
Spring	A quick move or jump in an upwards/forwards direction
Energetic	Operating with more effort than normal

Gymnastics Link



Town Flyers Trampoline Club

<https://www.facebook.com/townflyerstrampolineclub>



Key Stage 1- Knowledge Organiser - PE

Unit – Gymnastics

Inspiration

Alice Kinsella

Alice won Gold in the 2019 European Championships with her beam routine.

The first British gymnast to win European Gold in that event.

<https://www.british-gymnastics.org/olympics/profiles/alice-kinsella>



Gymnastics Link



Utopia Active – Wakefield

<https://www.facebook.com/UtopiaActive/>

Equipment

Mats, hoops, cones, wall bars, bean bags, low apparatus, skipping ropes, benches

Diagrams

Dish



Arch



Tuck



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

Sticky Knowledge

For a good jump, think of being powerful, good height, hands and toes pointing

When you are holding shapes, you need to tense the appropriate muscles

When performing, do not take additional steps between movements. There should be a flow.

Outcomes

Create a short movement pattern (Lesson 6)

Gymnastics Provision Zone – Lunchtime

Subject Specific Vocabulary

Muscle Tension	When muscles are contracting for a period of time. This could make them feel sore/achy.
Magic Chair	When landing from a jump, bent knees to absorb impact to look like you're sat on a chair
Extension	Straightening movement that increases the angle of body parts
Relaxed	When muscles aren't under tension and are "floppy"
Sequence	A particular order in which things follow each other

Tier 2 Vocabulary

Routine	The order in which activities are done for a performance
Agile	To be able to move quickly and easily
Posture	The way in which your neck, shoulders and back
Stability	The ability to return to return to be balanced once displaced.





Lower Key Stage 2 - Knowledge Organiser - PE



Unit - Gymnastics

Inspiration

Joe Fraser

In 2019 Joe became only the third British World Champion on the parallel bars (Gold Medal)

<https://www.youtube.com/watch?v=xDEjZvmiYUY>



Gymnastics Link



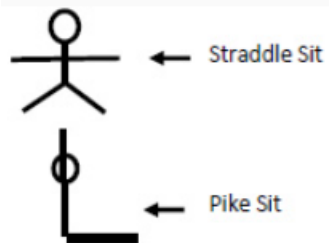
Wakefield Gym Club

<https://www.facebook.com/WakefieldGymClub>

Equipment

Mats, benches, hoops, cones, wall bars, bean bags, table tops, low apparatus, ropes, action cards.

Diagrams



Over the Shoulder Roll



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

Sticky Knowledge

When sequencing actions, when one action finishes it becomes the start of the next action.

Communication is key to develop a collaboration

I need to use a variety of movements to make my performances more interesting

Outcomes

To create a group sequence including contrasting actions (Lesson 6)

Gymnastics Provision Zone - Lunchtime

Subject Specific Vocabulary

Unison	Simultaneous performance
Contrasting Actions	A difference between the actions
Transitions	Act of moving from one state to another
Shape Freeze	Holding a shape for 3 seconds
Flexion	A bending movement around a joint/limb

Tier 2 Vocabulary

Improve	To enhance in quality
Form	A particular way in which something looks
Practise	Performing an activity over and over again to improve
Collaborate	Working together



Upper Key Stage 2 - Knowledge Organiser - PE

Unit - Gymnastics

Inspiration

Gianni Regini – Moran

2019 British Championships – All round Silver Medalist.

2021 European Championship – Bronze Medal on the vault

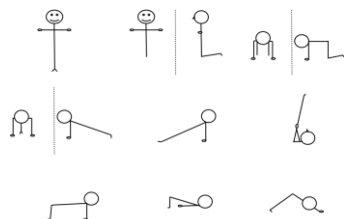
<https://www.british-gymnastics.org/olympics/profiles/gianni-regini-moran>



Equipment

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

Diagrams



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

Sticky Knowledge

To achieve success during flight you need the equation: Power + Speed = Height.

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.

Outcomes

Complete a six element sequence containing actions at different heights/speeds (Lesson 6)

Gymnastics Provision Zone - Lunchtime

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
Counterbalancing	Where partners are doing equal amount of work to hold each other up.
Aesthetics	Movements which are harmonious, rhythmic, and dynamic performed with economical and natural use of strength.
Compose	Creating something (e.g. a sequence)

Tier 2 Vocabulary

Evaluate	Give judgement of performance with positives and development points
Accuracy	The quality/state being precise/correct
Replication	Action of copying or reproducing something
Consistent	Doing something in the same way time after time
Effectiveness	Producing the desired result, meeting the intended outcome.

Gymnastics Link



Utopia Active – Wakefield

<https://www.facebook.com/UtopiaActive/>

Wakefield Gym Club

<https://www.facebook.com/WakefieldGymClub>