St John Fisher RC Primary School
KS2 PE Knowledge Organiser Autumn One: Gymnastics

This Gymnastics unit will teach the children the skills and techniques needed in order to take part in a range of gymnastics sequences.

Why do we do PE?

We take part in PE sessions to keep our bodies and minds healthy. PE at St John Fisher ensures that all pupils develop competence to excel in a broad range of physical activities and lead healthy, active lives. We aim to inspire all pupils to succeed and excel in competitive sport and other physically-demanding activities. We provide opportunities for all pupils to become physically confident in a way which supports their health and fitness. We provide opportunities to compete in sport which builds character and helps to embed values such as fairness and respect.

Gymnastics Overview

In this Gymnastics unit, children will have the opportunity to perform a variety of floor and vault movements. The children will learn stag jumps, split leaps, pike rolls, round-offs and the squat through vault while developing their understanding of the necessary flexibility, strength and control needed to perform the movements successfully. Children will have the opportunity to choreograph their own sequences and routines and perform individually and as part of a pair or group.

Week 1 – Movement Jumps and Leaps

During this lesson we are going to learn how to perform a stag jump and split leap. We will take off and land showing good control and we will describe and perform a rang of jumps which we have learned previously. We will demonstrate the correct form for a stag jump and a split leap.

Stag jump:



Use your arms to balance and point your toes.

Split leap:

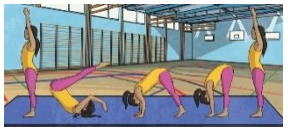


Push your front and back leg in opposite directions.

Week 2 – Movement Rolls

During this lesson we are going to learn how to perform pike rolls. We will perform a range of rolls which we have learned previously, safely and with control. We will demonstrate the correct form for a pike forward roll and a backward roll to standing pike. We will remember to tuck our chin into our chest, use our core strength and use our arms to support us.

Pike forward roll:



Backward roll to standing pike:



Week 3 – Movement Vaulting

During this lesson we are going to learn to perform a squat through vault. We will perfect our hurdle step onto a springboard. We will take-off successfully from a springboard and show body strength and control to move over equipment in a controlled way. We will refine our take off and landing technique. In order to perform a successful vaulting move, it is important to get the run up and take off right as this will help us to vault more easily.

Squat through vault:

Remember to keep your head and chest lifted up throughout the move.





Week 4 – Handstands, Cartwheels and Round-Offs

During this lesson we are going to learn how to perform a round-off. We will recap how to perform handstands and cartwheels and use our core and arm strength to control our movements. We will begin and end our movements clearly and in a safe manner and perform a short sequence of movements including a round-off.

Round -Off:



Push off the floor with your leading leg and push up from the floor with your hands.

Week 5 – Linking movements

During this lesson we will plan a sequence of gymnastics movements that are creatively linked together. We will select and perform a range of different gymnastics movements as part of a sequence. We will use jumps, pivots and other linking movements to create flow in our gymnastics sequence. There will be a clear beginning and end to our sequence.



Week 6 – Performance

During this lesson we will perform a gymnastics sequence in a pair or group in time to music. We will work with a partner or group to plan a gymnastics routine and perform this in time to music. We will adapt our movements to reflect a style or theme. We can perform our movements at the same time or one after the other. We can perform different movements at the same time, but our finished routine should be in time to the music and reflect its style.



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Gymnastics – Key Vocabulary

Gymnastics - Gymnastics is a sport that includes exercises requiring balance, strength, flexibility, agility, coordination, and endurance. The movements involved in gymnastics contribute to the development of the arms, legs, shoulders, back, chest, and abdominal muscle groups.
Actions - A movement in gymnastics could be roll, jump, travel, spin or balance.
Apparatus - Equipment used in gymnastics—benches, tables, beams, wall bars etc.
Balance - To remain still in a set position for 3 seconds**.**
Extension - Straightening limbs and / or trunk**.**
Levels - Height at which you are performing e.g. low (close to the ground), high (on tip toes)**.**
Matching - Copying the same actions as your partner at the same time.
Points - Parts of your body in contact with the floor or apparatus**.**
Roll - Rotation of the body (forwards / backwards / sideways).
Sequence - Linking together multiple actions that can be repeated**.**
Spin - Keeping one body part in contact with the floor rotate about that point.
Travel - Getting from point A to B using repeated movements**.**
Stag jump - In a stag leap, you run and leap into the stag shape in the air. You do this by pushing off the ground with one foot.
Split leap - A split leap is a sequence of body movements in which a person assumes a split position after leaping or jumping from the floor, while still in the air.
Squat through vault – A gymnastic vault in which the body is supported on both hands, the knees are flexed and drawn up toward the chest, and the legs pass between the arms as the body passes over the apparatus**.**
Round Off – A round-off is a move similar to a cartwheel, except the gymnast lands with two feet placed together on the ground, facing the direction of arrival.

The Olympics

Olympics – The Olympic Games are a global sporting event that aims to bring people together from multiple countries to compete.



When Did the Olympics Begin?



Over two thousand seven hundred years ago, the Olympics began as part of a religious festival in Olympia in ancient Greece.
In 1894, the games were resurrected and the International Olympic Committee was formed. Since the first modern games in 1896, the Olympic Games have taken place every four years, with athletes from all over the world taking part in different events.

Olympic Events:



Vault



Beam



Floor Exercises

Olympic Medals
Olympic medals are awarded to athletes who come 1st, 2nd or 3rd in their event. Gold is awarded to the winner who came 1st, silver is awarded to 2nd place and bronze to 3rd place.



Famous Gymnasts:

Simone Biles
The greatest female artistic gymnast of all time with 30 Olympic and World gymnastic medals. The American has created unique moves vault, beam and two different floor moves. She is only 25 (2022) ready to win even more medals.



Max Whitlock
British gymnast five time Olympic medallist. First Britain to win Gold at the Olympics which he did on the pommel horse and floor at the Rio Games in 2016. He has also won many World and European titles during his career.



Resources:

Mats

Benches or agility tables

Foam Wedges

Markers

Springboard and Vaulting box