

Gymnastics

Year 2

P.E

What is this topic?

This topic is all about linking movements together to create a sequence. In this topic you will learn lots of new skills and movements as well as new ways to travel from one place to another. We will cover the importance of balance and why we need to warm our muscles up properly before learning new gymnastic skills.



Key Skills:

- ❖ Jumping actions with different shapes in the air
- ❖ Show travelling using hands and feet
- ❖ Balance on large body parts
- ❖ Egg roll, pencil and teddy bear roll
- ❖ Jumping and rolling actions
- ❖ Create a sequence using travelling, balancing, rolling and jumping

Key Vocabulary

Sequence	To arrange things into a particular order
Travelling	Moving from one place to another place
Jumping	Push yourself into the air by using muscles in your legs and feet
Balancing	Put yourself or something into a position so that it does not fall.

