

GYMNASTICS KNOWLEDGE ORGANISER

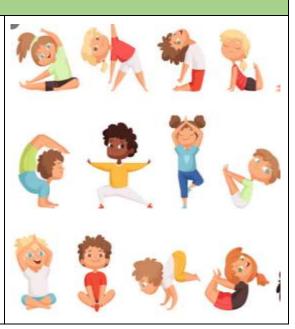
Overview

-<u>Gymnastics</u> is a sport in which we do <u>exercises that</u> need strength, balance, flexiility and control.

-In gymnastics, we may use lots of different skills, for example running, jumping, balancing, stretching, bending and tumbling.

-In KS1 gymnastics, we learn the basic skills of <u>travelling</u> in different ways. We also consider how to <u>balance</u>, roll and jump with <u>control</u>. We put our ideas together into <u>sequences</u>.

-We should learn how to perform movements <u>safely</u>, build our <u>confidence</u> and respond to feedback given by others.



| Social and | Emotional |
|-------------------------------------|----------------|
| Planning | Selecting |
| Planning helps us to think about | There are a |
| how we are going to achieve | different mov |
| tasks before we perform them. | that we can p |
| We should plan movements and | select and ap |
| routines in advance. | most effective |
| Keeping Safe | Building |
| Follow the rules and listen to the | Some gymna |
| coach/ referees instructions. Store | difficult or |
| and handle apparatus properly. | important tl |
| | ourselves and |
| | before atte |
| Perseverance | Challer |
| Perseverance is about keeping | Whenever w |
| going even when something is | we have to s |
| | |

Physical Skill Definition How do I do this? Travelling -Think of the different ways that you can travel, To move from e.g. running, crawling, hopping and sliding. one place to Changing direction makes movements interesting. another place. -Copy – think about how different animals travel. **Balancina** -Consider each part of your body and the shapes To hold a body that you create. Hold moves for at least 5 seconds. Keeping arms and legs further apart helps. position with control. -Add quality by being still, pointing fingers & toes. -When taking weight on hands, tense stomach. Jumping To launch both -Keep your chest upright, don't tilt to one side. leas off the floor -Bend your knees & spring upwards to jump high. at the same time Try to land without much noise. Bend your knees. Begin with barrell rolls and side rolls to build Rolling Moving by confidence. With front rolls, tuck head in. Knees turning on the together. Move into tuck position. Lift hips high. ground. Shoulder blades should touch the floor first. -Consider how moves look together. Marks for Makina To put moves quality and control. Think about your starting and together. Sequences finishing position carefully.

Thinking/ Str

<u>Apparatus</u>- The equipment on which gymnastic moves are performed, e.g. mats, beams.

Beam – A long, thin surface that gymnasts bala on and move around.

<u>Mat</u> – Provides a soft surface for gymnasts to perform movements.

difficult or tiring.



<u>Table</u> – A surface (often with a soft top) on whi gymnasts balance and move around.

| | | Health and Safety | | | | |
|---|---------------------------------|---|-------------------------|--|-----------------------------------|---|
| Exercise in safe spaces. Be mindful of others. around | what is including stretching wi | hen you land. blades touch down first. When forward rolling, hea should be tucked in. Should blades touch down first. | ler apparatus is set up | Make sure that apparatus is put away properly. | Warm down after exercising. | Remove jewellery and wear suitable clothing/ equipment. |

| | KS1 | |
|---|-----|--|
| K | | |

g and Applying a huge range of ovements and holds perform. We should pply those that are re at different times.

ng Confidence astic moves can be r dangerous. It is that we believe in nd build confidence tempting moves.

<u>Challenging Myself</u> Whenever we learn anything, we have to start somewhere! Improving ourselves is all about putting in hard work and practice, challenging ourselves to be better than we were before!

Key Vocabulary

Gymnastics

Strength

Balance

Flexibility

Control

Travelling

Balancing

Barrell Roll

Straight Roll

Forward Roll

Sequence

Confidence

Feedback

| rategic | | | | |
|-----------|-------------------------------------|--|--|--|
| ic | -Success in gymnastics is all about | | | |
| | quality and control. Quality is | | | |
| | about making sure that your | | | |
| ance | movements look good. Use good | | | |
| (\cdot) | posture and point your fingers | | | |
| 嵐 | and toes to show quality. | | | |
| | | | | |
| 1 a | -Control is when you hold | | | |
| | positions carefully. Tense your | | | |
| ich | muscles to help control your | | | |
| | movements and balances. | | | |