PE

Gymnastics – LKS2

Key Vocabulary

muscle tension	demonstrate
smooth	linking
flexibility	twist and turn
Levels - high, medium, low	awareness
explore	contrasting
explosive	observe



Key Knowledge and Skills

Children will learn:

- Five basic jumps - take off and landings.
- To use different parts of the body to take weight upon.
- To show awareness of changes in speed, level, direction and pathway.
- To adapt and transfer work from the floor to apparatus.
- To show fluency and control when performing.
- To work cooperatively in a group, to lift and carry apparatus safely.

Year 3	Year 4
• Stretching, curling, arching	• Balance
• Symmetry and asymmetry	• Receiving body weight
• Pathways	• Balance leading into change of front or direction

Key Questions & Physical Wellbeing

- Can you balance in a symmetrical and asymmetrical shape?
- Can you describe two different pathways?
- Can you show a balance at different levels and link them smoothly?
- Can you explain why we warm up before physical activities?

Equipment



- mats
- benches
- low beam
- A Frame (small and medium)
- horizontal pole
- climbing apparatus (low and medium)
- table-tops (small and medium)
- spring-board