

Key Learning and Vocabulary—Gymnastics

LKS2 PE

Children will be able to perform more complex sequences using smooth transitions from movement to movement. A combination of jumps, balances and rolls will be used on the apparatus along with travel. These sequences will also have elements of flow using dynamics such as fast and slow.

Shapes



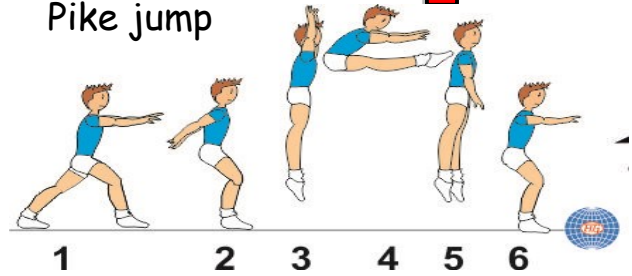
Tuck sit

Needle

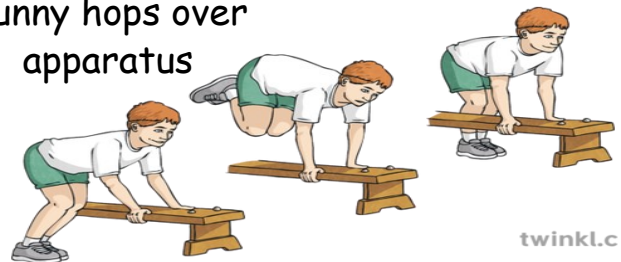
Straddle

Jumps

Pike jump



Bunny hops over apparatus



Balances



V-Sit hold—stretched legs and pointed toes are encouraged

Introduction to Bridge—Bent legs in the bridge position

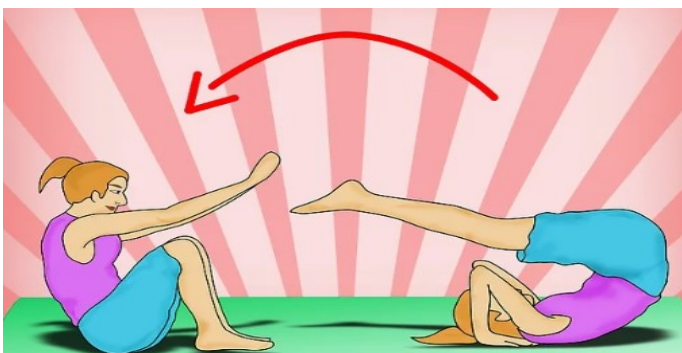


Rolls



- Sit in straddle position
- Legs straight and toes pointed
- Hands just below knees
- Back rounded

Children will be able to **identify and demonstrate** all of the shapes, jumps, balances and rolls, identifying key teaching points and using the **correct technical vocabulary**.



Preparation for Backwards Roll

Practice rocking backwards, using your arms to help you sit back upright.