

Key Learning and Vocabulary—Gymnastics

UKS2 PE

Children can perform and create a wide range of complex sequences working alongside their peers. They can understand how to use the apparatus safely and effectively, designing their own stations and sharing their ideas with others.

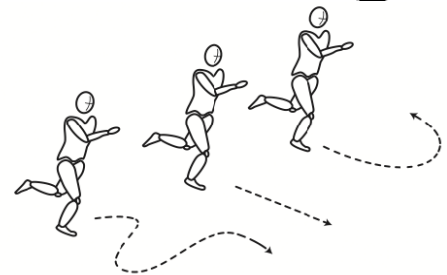
Mirroring Unison Pathways



Exercises are performed as if you are mirror of the other person



Performing actions at the same time as your partner



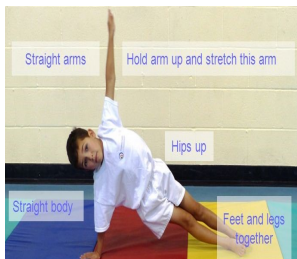
Patterns created in the air or on the floor.

Shapes

Front support



Back support



Side support

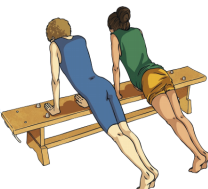


T-Shape

Balances

1. Side-by-Side Front Support

- Start side-by-side and rest your hands on the bench shoulder width apart.
- Stretch your legs out straight behind you to make the front support position.
- Make sure your bottom is not sticking up in the air and you have a straight back.



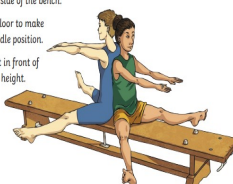
2. Arch Position across Bench

- Start by lying across the bench side-by-side.
- Get into the arch position by lifting arms and legs up.
- Your hips and tummy should be in contact with the bench.



3. Back-to-Back Sitting Straddle

- Start by sitting back-to-back with your legs either side of the bench.
- Lift feet off the floor to make the sitting straddle position.
- Extend arms out in front of you at shoulder height.



4. Feet-to-Feet Straddle on Back

- Start by lying down on your back opposite one another.
- Get into the straddle position on your back.
- Try to get your bottoms, legs and heels in contact with one another.
- Extend your arms out to the side at shoulder height.



Jumps

Full turn



Children will be able to jump off higher apparatus, using vaults and springboards

Bridge



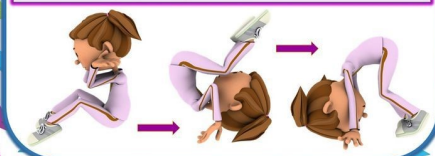
Straight legs are encouraged



Rolls

BACKWARD ROLL

- START BACKWARD IN A FULL SQUAT WITH YOUR HANDS BESIDE YOUR EARS AND YOUR PALMS UP
- ROLL BACKWARD UNTIL YOUR HEAD AND HANDS TOUCH THE MAT AND THEN PUSH UP EVENLY WITH YOUR HANDS
- LIFT YOUR HEAD SLIGHTLY OFF THE MAT (BY PUSHING WITH YOUR HANDS) WHILE YOU ROLL IN A TIGHT BALL
- LET YOUR MOMENTUM CARRY YOU BACK TO YOUR FEET



Partner balances are performed in unison using mirroring,

