



# GYMNASTICS KNOWLEDGE ORGANISER

UKS2



## Overview

-Gymnastics is a sport in which we perform exercises that need strength, balance, flexibility and control.

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

-In upper KS2 gymnastics, we develop our understanding of compositional principles, e.g. applying previously-learnt movements and holds with variations in level, direction and pathway. We work in larger groups, using formations to develop aesthetics (the way performances look), and put our ideas together into more complex sequences.

-We should learn how to create a safe environment, work independently & collaboratively and respond to feedback given by others.



## Social and Emotional

### Collaboration

Collaboration is about working well with others in order to achieve an agreed goal. When performing movements and balances with a partner, strong collaboration is important for both quality and safety. Collaboratively evaluate and improve on sequences.

### Communication

We need to communicate using appropriate language in order to provide effective feedback. We should ensure that we consider the feelings of others, and work on ensuring that our feedback is constructive. Use communication skills to evaluate sequences.

### Key Vocabulary

- Gymnastics
- Composition
- Principles
- Formations
- Aesthetics
- Sequences
- Backward Roll
- Counter Balance
- Cartwheel
- Headstand
- Vault
- Responsibility
- Collaboration

### Keeping Safe

Follow the rules and listen to the coach's instructions. Set up, handle and store apparatus properly. Keep others safe by ensuring there is appropriate space between you and others. Ensure that you have a spotter for riskier moves.



### Building Confidence

Some gymnastic moves can be difficult or dangerous. It is important that we believe in ourselves and build confidence before attempting moves. Building towards complex moves in steps can help us to become far more confident in our skills.



### Perseverance

Perseverance is about keeping going even when something is difficult or tiring. Gymnastic movements and holds can rarely be achieved the first time – they need you to practice and keep trying even when you fail at first. You should support and encourage others to keep trying through difficulties.



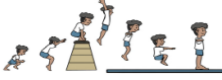



### Selecting and Applying Actions

There are a huge range of different movements and holds that we can perform. We should select and apply those that are most effective at different times – you will need to draw on your skills of creativity and imagination. Consider how moves look together in groups, considering formations.



## Physical

Skill	Definition	How do I do this?
Inverted Movements 	An action where your hips go above your head.	You should be building skill and confidence in a range of inverted movements, e.g. bridge, shoulder stand, headstand. <b>Headstand:</b> Lie on back, place hands on floor. Place soles of feet flat on floor. Push hips up and extend arms. <b>Handstand:</b> Hands placed quietly on the floor. Ears hidden between arms throughout. Upper leg should remain straight throughout.
Counter Balance/ Counter Tension 	Different forces between performers are spread equally to create balance.	-Counter balance is any balance where a person uses another person's weight to stay balanced by pushing against them. -Counter tension is any balance where a person uses another person's weight to stay balanced by pulling away from them. -Use body tension to maintain control. Ensure a stable grip.
Flight from Hands 	To travel in the air by propelling/ supporting weight with hands.	-Begin by getting used to supporting your weight on hands using a mat, e.g. bunny hops. Gradually move towards higher apparatus. Keep hands apart, beneath shoulders for balance/ support. When using a vault, knees go between hands.
Rolls 	Moving by turning on the ground.	-You should be developing your skill and confidence even with the more difficult rolls, e.g. forward, straddle and backwards. -When performing backwards rolls, the head should be tucked in, and arms should be extended to propel you backwards.
Making Sequences	To put moves together.	-Consider how moves look together. Marks for quality and control. You should now be able to use different apparatus and inverted movements within your sequences. You should also be working with larger groups, considering formations and patterns. Think about your starting and finishing position carefully.

## Thinking/ Strategic

**Apparatus** – The equipment on which gymnastic moves are performed, e.g. mats, beams, springboards.

**Vault** – A piece of gymnastic equipment that is designed to be either jumped on or jumped over. It is often used together with a springboard.

**Springboard** – A platform that a gymnast jumps on to propel themselves further.

**Agility Table** – A surface (often with a soft top) on which gymnasts balance and move around. The bars up the side provide climbing movement opportunities.



-Success in gymnastics is all about quality and control. Quality is about making sure that your movements look good. Use good posture and point your fingers and toes to show quality.

-Control is when you hold positions carefully. Tense your muscles to help control your movements and balances.

You need to be able to respond to and act upon the feedback given to you by others, improving your areas for development in a mature and thoughtful manner.

## Health and Safety

Exercise in safe spaces. Be mindful of others.

Keep your head up and know what is around you.

Warm up properly including stretching your muscles.

Bend your knees when you land.

Whenever using high equipment (e.g. vault, bench) always make sure that you have a spotter.

Make sure that apparatus is set up properly.

Make sure that apparatus is put away properly.

Warm down after exercising.

Remove jewellery and wear suitable clothing/ equipment.