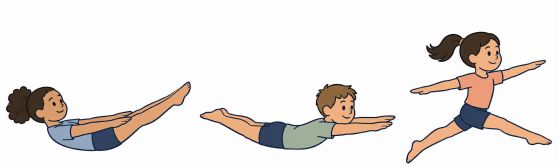
YEAR 2 KNOWLEDGE ORGANISER

Autumn 1

PE Gymnastics



Our goal Link controlled balances and travels, changing direction and speed.

1 Develop your travel

Gallop: lead with one foot; the other follows.

Leap: take off on one foot and land on the other.

Chassé: step and let the other foot chase it.

2 Change direction and speed

Travel forwards, backwards or sideways.

Try slow, medium and fast movements with control.

Look where you are going.

Keep movements slow and safe on apparatus.

3 Hold a dish or arch

Dish: lie on your back. Lift your arms and legs a little to make a shallow curve.

Arch: lie on your tummy. Gently lift your arms, chest and legs.

Hold still. Try linking a balance with a partner as your teacher shows you.

4 Use support balances

Front: hands and toes down; chest facing the mat.

Side: one hand and side of a foot; chest sideways.

Back: hands and feet down; chest facing up.

5 Build a flowing sequence

Choose a **start balance**, **two travels** and an **end balance**.

Add a change of direction or speed.

Link your actions smoothly.

Use mats and benches as your teacher shows you.

6 Watch and improve

Watch a partner's sequence carefully.

Name a movement or balance they did well.

Suggest one kind, helpful improvement.

Practise, make a change and perform again.

Words to know

Balance - hold your body still using different body parts.

Sequence - movements and balances linked in an order.

Flow - move smoothly from one action to the next.

Apparatus - equipment such as mats and benches.

Can you explain it

How is a leap different from a jump?

How do dish and arch shapes differ?

How could you improve your sequence?

Based on our Year 2 gymnastics unit