LKS2 - PE

Gymnastics - Knowledge Mat

Subject Specific Vocabulary	
Sequence	Two or more skills, performed/linked together one after the other
Strength	The ability of muscles to apply force against a resistance.
Suppleness	A range of movements possible at a joint, through reach and stretching
Extension	The straightening of the angle of joints
Compare	To recognise what is similar in a sequence
Contrast	To recognise what is different in a sequence

At the end of this topic I will be able to:

Develop flexibility, strength, technique, control and balance.

Crucial Connections

https://www.youtube.com/watch?v=FudfJp8BEh0

https://www.youtube.com/watch?v=erhLqcXm-_M

Sticky Knowledge

I can hold a balance for 5 seconds.

I can adapt sequences to suit different types of apparatus and criteria.

I can attempt/perform a movement in a controlled way.

I can define the terms strength, suppleness and extension.

I can compare and contrast gymnastic sequences.

I can include change of speed and direction in a sequence.

I can work with a partner to create and repeat a sequence.

I can work with a partner to improve a sequence.

Balances from floor to apparatus





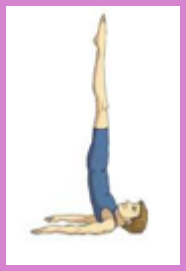
Aspirations

Gymnast

Olympian

Related Examples

Core strength/suppleness/extension









Beth Tweddle – (Now retired) The first female gymnast to win a medal at the European/World championships and the Olympic Games.

Max Whitlock - The most successful British gymnast of all time. A six-time Olympic medallist, with three bronze and three gold. Max is looking to add to his total in Paris 2024.