St Andrew's Church of England Primary School

LKS2 Knowledge Organiser – Term 1 PE - Gymnastics

Outcomes
Plan, perform and repeat sequences.
Move in a clear, fluent and expressive manner.
Refine movements into sequences.
Show changes of direction, speed and level during a performance.
Travel in a variety of ways, including flight, by transferring weight to generate power in movements.
Show a kinaesthetic sense in order to improve the placement and alignment of body parts. (e.g. in balances experiment to find out how to get the centre of gravity successfully over base and organise body parts to create an interesting body shape).
Swing and hang from equipment safely (using hands).

Gymnastic Jump Positions



tuck



pike



split



straddle

Key Vocabulary	
symmetry	Making a shape with your body where both sides are the same.
asymmetry	Making a shape or moving with both left and right sides of the body in different positions.
centre of mass	where the weight is spread evenly across the body, supporting balance.
flight	Movements that are completed off the ground
floorwork	Movements that are completed on the ground or mat.
sequence	Joining different movements together, this could include a starting position, travelling, balances and finishing position.
transition	The links between one movement and another.
travelling	Moving in different ways to another position or destination.

Centre of gravity

