

St Andrew's Church of England Primary School

KSI Knowledge Organiser – Term 1: PE: Gymnastics



Glossary of key words:

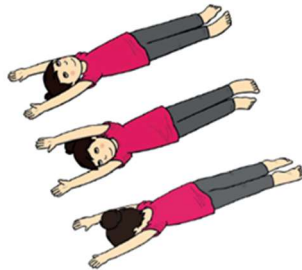
Vocabulary	Definition
sequence	A combination of two or more skills performed one after the other.
tension	Using muscles to hold limbs straight when creating shapes with the body.
travel	A basic action of movement, e.g. skipping, running, hopping.
landing	The ending position of a skill or movement.
log roll	Roll sideways from back to front in a stretched position with legs together and arms stretched above head.

End of unit outcomes:

- How to make my body tense, relaxed, curled and stretched.
- How to control my body when travelling and balancing.
- How to copy sequences and repeat them.
- How to roll, travel, balance and stretch in different ways.
- How to climb safely.
- How to plan and show a sequence of movements.
- How to use contrast in my sequences and show controlled movements.
- How to work on my own and with a partner to create a sequence.

This unit's key ideas:

Log roll →



← Landing



← Dish roll