St Andrew's Church of England Primary School

LKS2 Knowledge Organiser – Term 4 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).

Key Vocabulary	
balancing	Moving into a static position involving taking weight on one or any number of different body parts.
floorwork	Movements that are completed on the ground or mat.
turning	When the weight is transferred to, and received by, body parts in close proximity to each other.
jumping	When contact with the floor is momentarily lost.
sequence	Joining different movements together, this could include a starting position, travelling, balances and finishing position.
symmetry	Making a shape with your body where both sides are the same.
transition	The links between one movement and another.
travelling	Moving in different ways to another position or destination.

Different balances



Jumping and landing

