

UKS2 Gymnastics Knowledge Organiser

Key Word	Definition
sequence	a particular order which things follow
direction	a course which something moves along
level	a flat, horizontal surface
balance	steady position, remain upright
co-ordination	organising different elements to work together
vault	a piece of gymnastic equipment which can be jumped on to.
flexibility	bending without breaking
chassis	a base frame
evaluate	the strengths and areas to improve in something
contrast	opposite
technique	a particular way of carrying out a task

How do we jump and land in gymnastics?

Bend your knees, take a breath, arms low, swing your arms upwards, push away from the ground with the balls of your feet and breathe out as you jump into the air.

Land by keeping your knees bent, land on the balls of your feet and put your arms out in front of you.

Cat Leap
Stag Leap

Safely performing rolls in gymnastics

Keep your chin tucked in and round your back.

Use your core strength to control the roll. Use your arm strength to guide you.

Dive forward roll
Pike backward roll

Performing a successful vault

- Have a good run up
- Jump upwards not forward
- Head and chest lifted
- Bend your knees

Hurdle step

Step- hop- step forwards into a lunge

Physical competence, healthy active lifestyle

Uses running, jumping throwing and catching in isolation and in combination
Demonstrates accuracy and technique in a range of jumping actions
Passes and catches under pressure with consistent accuracy
Catches and returns a ball from different heights and speeds mostly accuracy
Adapts their techniques to different challenges/equipment
Suggests how they can replicate a movement/technique with more accuracy/control
Demonstrates flexibility, strength, technique, control and balance, e.g. within athletics and gymnastics
Remembers a routine of 24+ counts
Performs dances using a range of movement patterns
Demonstrates all round safe practice
Accepts responsibility for their own safety
Leads own warm up
Lists equipment they need, explaining safety considerations of its use
Identifies potential hazards, risks and dangers