


Gymnastics Knowledge Organiser

	<p>DECLARATIVE KNOWLEDGE - Displaying factual knowledge:</p>	<p>PROCEDURAL KNOWLEDGE - Can practically demonstrate how to apply their knowledge:</p>
<p>KS1</p>	<ul style="list-style-type: none"> • I know that fundamental movement skills, such as travelling, balancing, and moving smoothly from one position to another are important gymnastics basics. • Watch and describe a performance accurately. • Understand and describe changes to your heartrate when playing a game. 	<ul style="list-style-type: none"> • Perform basic gymnastic actions, including travelling, rolling, jumping, and staying still. • Become increasingly confident and competent, moving safely using changes of speed, level, and direction. • Combine different ways of travelling exploring a range of movements and shapes. • Create linked movement phrases with beginning, middle and ends. • Perform movement phrases using a range of different body actions and body parts. • Develop ABC's and fundamental movement skills, combining travelling, balancing and stiffness using both floor and apparatus; and moving smoothly from one position of stiffness to another. • Form simple sequences of different actions, using the floor and a variety of apparatus.
<p>KS2</p>	<ul style="list-style-type: none"> • Describe how your body feels when exercising. Recognise and explain a good performance. 	<ul style="list-style-type: none"> • Perform a range of actions, agilities and skills with consistency, fluency, and clarity of movement. • Experiment with a wide range of actions, varying and combining spatial patterns, speed, tension, and continuity when working with a partner and in a group. • Create gymnastic sequences that meet a theme or set of conditions, showing a clear, beginning, middle and end. • Create, perform, and repeat a combination of actions that include changes of dynamic e.g. changes of level, speed and direction, and clarity of shape. • Develop flexibility, strength, control, technique, and balance. • Find different ways of using a shape, balance, or travel, and link them to make actions and sequences of movement.

