

Selby Community Primary School Subject Knowledge bank

PE		Year 2	
Focus: Gymnastics			
Age related PE vocabulary			
Teamwork	Working together	partner	Person who you work with
shoot	Sending a ball towards a goal or target by throwing or kicking	fitness	Helping to keep you physically healthy.
score	Winning a point	rhythm	A strong regular repeated pattern of movement or sound.
space	Somewhere where there is no other player	coordination	The ability to move your body efficiently and smoothly.
sequence	A series of linked movements	pass	Moving a ball to a team mate
movement	How and where you move your body.	performance	Presenting something you have practised



Types of gymnastics

Acrobatic - Pairs or groups performing lifts and balances

Aerobic – Fitness routines to upbeat music

Women’s Artistic – Gymnasts use beam, asymmetric bars, vault and floor.

Men’s Artistic – Gymnasts use parallel bars, rings, high bar, pommel horse, vault and floor

Double mini trampoline (DMT) – Gymnasts use the DMT, like two mini trampolines joined in the middle

Freestyle – uses traditional gymnastics, acrobatic tricks and martial arts jumps and leaps

Rhythmic – Gymnasts perform either alone or in groups using equipment: clubs, ribbons, hoops or a ball

TeamGym – Gymnasts perform in teams of 8-12 on a tumble track, trampette, trampette vault and floor.

Micro teams of 3-5 gymnasts perform on tumble track, trampette and trampette vault only

Tumbling – Gymnasts perform a variety of skills usually involving multiple somersaults on a tumble track

Trampoline – Gymnasts perform either alone or in a synchronised pair on trampolines next to each other to perform somersaults in a routine.

Basic gymnastics shapes	Different movements
<ul style="list-style-type: none"> • Stretch • Tuck • Star • Straddle • Pike • Front support • Back support • Dish • Arch 	Jumps Leaps Spins Acrobatic elements
	Types of balance
	Standing Kneeling Splits Arm Partner Bridge