

# Autumn 1- Knowledge organiser: Year 1/ 2 Gymnastics

## Shapes

Gymnastics is a sport that includes exercises requiring balance, strength, flexibility, agility, coordination, and endurance. The movements involved in gymnastics contribute to the development of the arms, legs, shoulders, back, chest, and abdominal muscle groups.

### Rolls:

Straight, barrel, straddle, forward, backward.

### Elite gymnasts compete at the Olympics, Commonwealth Games, Worlds and European Championships.

**Different types of gymnastics:** -

- Artistic
- Rhythmic
- Trampoline
- Acrobatics
- Aerobic
- Parkour
- Tumbling

Vocabulary:	Definition:
Jump	Take off and land.
Balance	To remain still in a set position for 3-5 seconds.
Action	A movement in gymnastics could be roll, jump, travel, spin or balance.
Levels	Height at which you are performing e.g. low (close to the ground) high (on tiptoes)
Matching	Copying the same actions as your partner at the same time next to one another.
Mirroring	Standing in front of your partner and copying the same actions at the same time.
Points	Parts of your body in contact with the floor or equipment.
Roll	Rotation of body (forwards/ backwards/ sideways).
Sequence	Linking together multiple actions that can be repeated.
Travel	Getting from point A to point B.