



Mickleover Primary School – PE Knowledge Organiser

Title: Gymnastics

Year Group: 1 & 2

Rolls

Log roll



egg roll



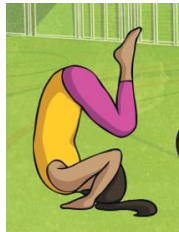
teddy bear or circle roll



rock on back



Forwards roll



Travel

walking



running



hopping



Skipping jumping side-step hopscotch

Jumps

straight jump



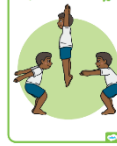
star jump



tuck jump



half-turn jump



Key Learning

I can describe how my body feels during and after exercise.

I can make a straight, tuck and star shape.

I can perform a range of balances on and off apparatus

I can perform a straight, star and tuck jump.

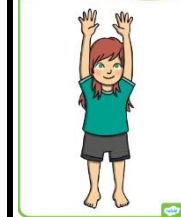
I can perform a log roll, tuck roll and teddy bear roll.

I am beginning to be able to perform a crouched forwards roll.

I can create a simple sequence.

Shapes & Balances

Straight



Tuck



Star



Front Support



Back Support



Crab balance

Head & Heart



MOTIVATED

PROUD

SUCCESSFUL