# PF KSI Cycle B - Summer 2

# **Gymnastics (Unit 2)**

# What should I already know?

- How to copy, create and explore different ways of travelling.
- Developed my balance and coordination.
- Perform jumps with control.
- Describe what I or others have done well.

#### Gems of Knowledge

#### What will I do?

- Show flowing movement; changing dynamics.
- Develop flexibility, strength and coordination.
- Land safely when performing jumps on the floor and from apparatus
- Create floor and apparatus sequences.

#### What will I know?

- Understand the importance of travelling with purpose and quality.
- Understand and describe changes to the heart rate when exercising.

# **Great Gymnasts!**



Beth Tweddle GB



Simone Biles USA Master basic movements - Simple sequence patterns.

### Vocabulary

# <u>Dynamics -</u>

High and low



#### Apparatus -

Equipment used to perform sequences.



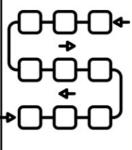
### Flexibility -

Bending, twisting and stretching.



#### Sequences -

Linking shapes and movements together to creating a movement pattern.



#### Coordination -

Use two body parts together at the same time.



# **Quality** -

How good something is.

