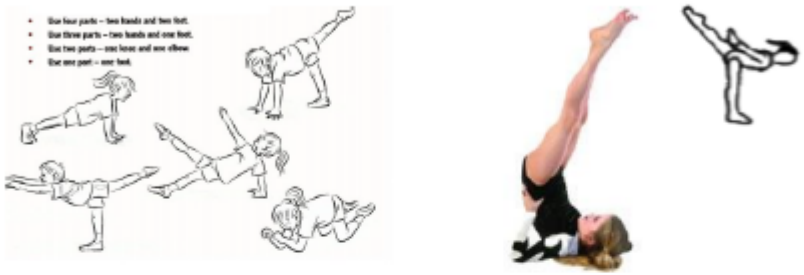
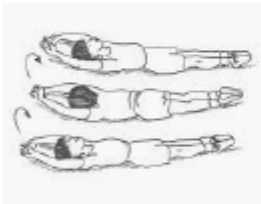
Slinfold Primary School – Knowledge Organiser
LKS2 – Gymnastics

Key Knowledge

Balancing



Rolling



Egg Roll

Pin Roll

Forward Roll

Travelling

Key Vocabulary

Understand these key words

Word	Definition
Actions	A movement in gymnastics could be roll, jump, travel, spin or balance.
Apparatus	Equipment used in gymnastics—benches, tables, beams, wall bars etc.
Balance	To remain still in a set position for 3 seconds
Extension	Straightening limbs and / or trunk
Levels	Height at which you are performing e.g. low (close to the ground), high (on tip toes)
Matching	Copying the same actions as your partner at the same time.
Points	Parts of your body in contact with the floor or apparatus
Roll	Rotation of the body (forwards / backwards / sideways)
Sequence	Linking together multiple actions that can be repeated
Spin	Keeping one body part in contact with the floor rotate about that point.
Travel	Getting from point A to B using repeated movements.

Gymnastics Focus

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.

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

Different types of gymnastics:

- Artistic
- Rhythmic
- Trampolining
- Acrobatics
- Aerobic
- Parkour
- Tumbling