



Knowledge Organiser

KS2 Gymnastics



Key Knowledge

Gymnastics

Gymnastics involves using your body to perform different movements and exercises, such as jumping, rolling, and balancing.

In gymnastics, you get to use different pieces of equipment like mats, bars, and beams.

Gymnastics is a great way to improve your strength, flexibility, coordination, and balance.

Floor

A floor routine consists of different gymnastics skills, including; tumbles, shapes, jumps, balances, all with smooth transitions. It is usually done individually to music but can also be done in groups without music.

Vault









A vault pass includes a run up, a springboard, a way of getting onto the vault top, and then straight away jumping off.

In school, vault can be done using tables or vault boxes allowing you to practice your running, jumping and landing.

Beam

A beam is a long, thin platform that the gymnasts climb on to perform different skills.

Key Vocabulary

Stretch		A shape which can also be done as a jump. The shape involves standing up, with feet together, legs straight, and arms straight up in the air. Children may know this as a 'pencil shape'.
Star		A shape which can also be done as a jump. The shape involves standing up with your feet slightly wider than your hips, and arms straight out at a 45° angle from the top.
Pike		A shape which can also be done as a jump. The shape involves sitting down with your knees bent and your legs together.
Straddle		A shape which can also be done as a jump. The shape involves sitting down with straight legs that are open at a 90° angle. Your arms should be straight, directly above your legs and parallel to the floor.
Dish		A shape which involves lying on your back with your arms on your thighs. Then contract your abdominal muscles to lift your head, shoulders, and feet slightly off the floor.
Arch		A shape which involves lying on your stomach with your arms straight up. Then, keeping your legs straight, lift them off the floor as well as your head and arms.
Front Support		A shape with your hands and feet on the floor. Your arms and legs should be straight, and your back should be flat, parallel to the floor.
Back support		A shape which starts by sitting in a pike shape but with your hands on the floor at either side of your hips and your fingers facing forward. Then, keeping your legs straight, lift your bottom off the floor as high as possible.

Balance

A challenging position that must be held still, without wobbling or falling over.

Travelling

A way of moving from one place to the other. In gymnastics, travelling is more creative than walking or running.

Routine

A sequence of different skills with smooth transitions.

Focus Sports

Floor

Simone Biles won a gold medal for her floor routine at the 2013 World Championships.



Vault

Shin Jeahwan claimed the men's vault Olympic title at the 2020 games held in Tokyo.



Beam

Urara Ashikawa won a gold medal for her beam routine at the 2021 World Championships, held in Japan.



What should I already know?

LKS2

- How to perform different balances using different body parts.
- How to use apparatus to hold body weight on different body parts.
- How to link basic movements together.

UKS2

- What good tension looks like when performing balances.
- Sequences that flow showing good control and technique.
- How to demonstrate good control/strength when working independently and with a partner.