

Hobbs Hill Wood Primary School

Knowledge Organiser for

PE

Year 2

Gymnastics and Dance



'Inspiring confident and independent learners'

Gymnastics

National curriculum aims

- 1A- master basic movements including running, jumping, throwing and catching as well as developing balance, agility, and co-ordinations, and apply to being to apply these in a range of activities
- 1C- to perform dances using simple movement patterns



Skills

- Perform basic gymnastic actions, including traveling, rolling, jumping, and staying still.
- Become increasingly confident and competent, moving safely using changes of speed, level and direction.
- Combine different ways of travelling exploring a range of movements and shapes.
- Create linked movement phrases with beginning, middle and ends
- Perform movement phrases using a range of different body actions and body parts.
- Develop agility, balance and coordination
- Form simple sequences of different actions, using floor and a variety of apparatus.

Unit objectives

- Step 1- To perform 5 key shapes
- Step 2- To move with control
- Step 3-. To balance using different parts of the body.
- Step 4-To link movements
- Step 5 – To use different pieces of equipment and apparatus
- Step 6- To participate in a performance

Key Vocabulary

Key shapes, teamwork, smart, neat, performance, movement, express, balance, roll, straight, tense.

Dance

National curriculum aims

- 1A- master basic movements including running, jumping, throwing and catching as well as developing balance, agility, and co-ordinations, and apply to being to apply these in a range of activities
- 1C- to perform dances using simple movement patterns



Skills

- Respond imaginatively to a range of stimuli
- Move confidently and safely in your own and general space, using a change of speed, level, and direction
- Perform movement phrases using a range of different body actions and body-parts- with control and accuracy.
- Create linked movements, combining different ways f travelling, with beginnings, middles, and ends.
- Compose short dances that express and communicate mood, ideas, and feelings, varying simple compositional ideas.
- Explore, remember, and repeat short dance phrases, showing greater control and spatial awareness.
- Describe phrases and expressive qualities.

Unit objectives

- Step 1-To move in different ways
- Step 2- to move with control
- Step 3 – To work individually and with others
- Step 4 – To move to music showing expressive qualities of dance
- Step 5- To be creative and compose short dances
- Step 6- To participate in a performance

Key Vocabulary

Dance, Routine, Music, Movements, Co-ordination, Tutting, Beat of 8, Canon, Unison, Count, Fluency, Choreography, Performance

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