



# John Port Spencer Academy PE Department Knowledge Organiser



**Activity:** Gymnastics

**Year:** Year 7

**Key Skills:**

Basics of why we warm up

Know a **warm up** for gymnastics, including a pulse raiser and stretching.

Know the major muscles.

**5 basic foot pattern**

**Jumps** – pencil, star, straddle, ¼ turn, ½ turn, full turn, pike, tuck.

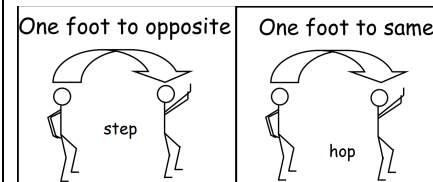
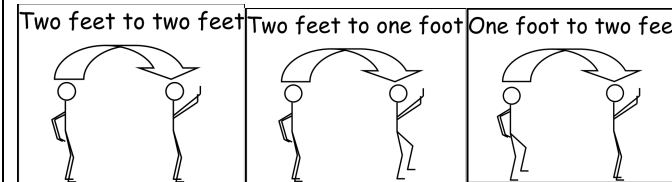
**Landing technique**

**Balances** – individual, partner – patches and points- hold for at least 5 seconds

**Travelling/Locomotion** – including forward roll, backward roll, hopping and cartwheels. Explore levels, direction and speed of movement.

**Individual/Partner Work/Group work** to create small sequences. Focus should be on fluency, body tension and control of all movements

Foot Patterns you need to know.



**Stretch and Challenge Task:**

**Peer assessment and feedback to class.**

**Watch an Olympic Floor routine.**

**What are the disciplines involved in Olympic Gymnastics**

**Evaluate the techniques that could be used in lessons from your observation of gymnastics at International Level.**

**Key Content and Terms to learn:**

Extension, Tension, Control, Fluency, Sequence Work.

Counter balance/ counter tension. Mirror, matching, and composition.