



John Port Spencer Academy PE Department Knowledge Organiser



Activity: Gymnastics

Year: Year 8

Key Skills:

Rotation-A rotary movement involves a movement in a circle around a fixed point. Some examples include twisting, rolling, turning and spinning.
Jumps – be able to describe take off, aerial and landing phases.
Basic Vaulting – Leapfrogs. Aerial shape might include tuck, straddle and pike.

Use of low-level apparatus – benches and mats. Understand how to mount and dismount safely and fluently.

Routines- link movements in a compositional sequence. Understanding fluency, body tension and control of movements impact on the aesthetic feel to the sequence.

The Basic Shapes in Gymnastics



tuck



straddle



pike



split



straight stand

Stretch and Challenge Task:

Watch Olympic Vaulting and floor work – evaluate why the sequence is graded high.
Asses what went well and what could be improved in your sequences.

Key Content and Terms to learn:

Rotation, Fixed point, vaulting, Starting and finishing positions. Routines, compositions