

# PE End Points

## Year 2- Gymnastics



### Part High, Part Low

- show various ways of travelling and balancing with the body close to or far away from the ground or apparatus.
- understand and demonstrate various ways of travelling and balancing with different parts of the body being the highest point or the closest to the ground.
- take weight confidently on hands to lift the feet high.
- plan and link together two or three movements showing control and co-ordination and an awareness of contrast in speed.
- travel underneath a partner who is holding a balanced bridge position.
- transfer, modify, and apply the ideas and linked movements to appropriate apparatus at every stage of learning, with the emphasis being on body parts close to, and far away from, the apparatus.

### Points and Patches

- understand. and show a variety of controlled turning jumps e.g.  $\frac{1}{4}$ ,  $\frac{1}{2}$ ,  $\frac{3}{4}$  or full turn using one foot to two feet or two feet to two feet.
- understand the safety implications and demonstrate a variety of rolls. and spins on different parts of the body showing co-ordination and contrasts in speed.
- use a jump to link together a turning movement in the air with a turning or spinning movement on the floor.
- understand that "fixing" one half of the body to the floor and then turning the other half produces a twisted position and show various ways of moving out of it.
- transfer, adapt and apply all these ideas safely to apparatus at every stage of learning.

### Rocking and Rolling

- understand how one movement can link with another smoothly and Continuously and that movement can be performed at different speeds and on different levels.
- understand and perform movements where different parts of the body lead into the next action e.g. hands and head can lead into a forward roll, and knees and hips lead into a shoulder stand.
- compose a short, simple sequence of three or more movements using different combinations of travel, roll, balance and jump, and show changes in direction.
- perform a simple sequence with a partner.
- transfer, adapt and apply knowledge, skills and understanding onto appropriate apparatus.

