



Physical Education GYMNASTICS

Y2

Unit Focus:

Describe and explain how performers can transition and link elements. Perform with control and consistency basic actions. Create and perform a simple sequence.

Prior Learning:

- Performed a variety of basic gymnastics actions showing control.
- Introduced to turn, twist, spin, rock and roll and learned to link these.
- Perform longer movement phrases.

Concepts:

- Professional judging - Individually, gymnast starts from a 10.0.
- Throughout the routine, the judges deduct points, tenths, and even hundredths for mistakes in execution. Once the routine is over, the final score is tallied.



Perform with some basic control and consistency.



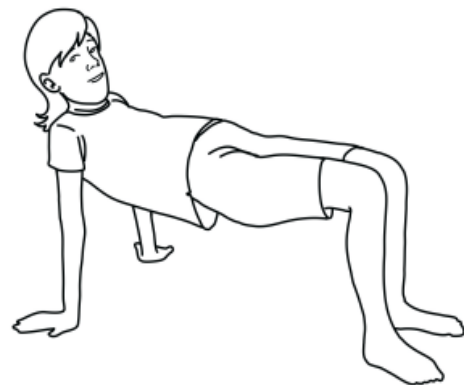
Create and perform a simple sequence.



Reflect on own performance and use scoring system to judge performance.

Key Vocabulary/Skills:

Start and finish shapes.	Shape, sequence, pattern, movement, music, timing, hang, like, carry, power, judging.
Power in jumping.	
Linking movements.	
Levels.	
Speed.	



Inspiring Individuals



Kōhei Uchimura
(1989 – present)



Gabrielle Douglas
(1995 – present)

Equipment

Mats, hoops, cones, wall bars, bean bags, low apparatus, ropes, and action cards.

Key Questions

1. Can you name 3 elements of a sequence that can be judged?
2. Describe what you liked about a sequence.
3. How could you show different levels in a sequence?