







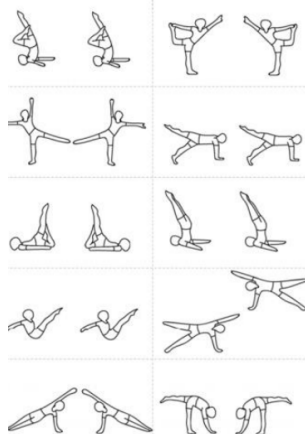
Year 2 - Groovy Gymnastics

Key Vocabulary

Mirror		Two or more Gymnasts doing the same thing at the same time facing each other.
Apparatus		Equipment you travel on in Gymnastics.
Tension		Keeping all your muscles tight when performing.
Posture		The position in which someone holds their body when standing or sitting.

Techniques

Mirroring



What I need to know:

Skills

- | | |
|---|--|
| <input type="checkbox"/> I can perform balances and movements and combine them into a sequence. | <input type="checkbox"/> I can use benches and mats to explore balances on different levels. |
| <input type="checkbox"/> I can link balances with other travelling moves, moving smoothly into and out of the balances. | <input type="checkbox"/> I can safely move around the apparatus. |
| <input type="checkbox"/> I can safely use benches and mats to develop sequences. | <input type="checkbox"/> I can mirror and match a partner. |
| <input type="checkbox"/> I can work with a partner to create a sequence of gymnastic actions. | <input type="checkbox"/> I can share equipment and apparatus. |

Health and Fitness

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| <input type="checkbox"/> I can describe how my body feels during different activities. |
| <input type="checkbox"/> I can explain what my body needs to keep healthy. |

Evaluating and Improving

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|---|
| <input type="checkbox"/> I can talk about what is different between what I did and what someone else did. |
| <input type="checkbox"/> I can say how I could improve. |