

# Year 2 Gymnastics

## Sequences - rolls, jumps, travel



pencil roll



forward roll



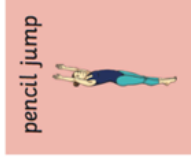
cartwheel (roll)



egg roll



tuck jump



pencil jump



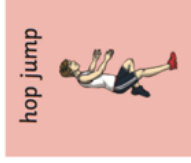
star jump



pike jump



straddle jump



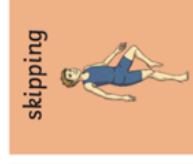
hop jump



running



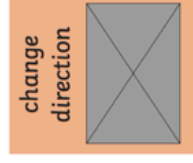
leaping



skipping



walking



change direction



crawling

### Key vocabulary

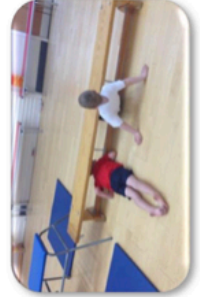
<b>Control</b>	To complete movements safely using the correct techniques.
<b>Basic movements</b>	Expressing an idea or movement in a given space - forwards, backwards, sideways, in the air, on the floor.
<b>Rolls</b>	Egg roll, pencil roll, teddy bear roll, dish arch roll, roll on your back.
<b>Jumping</b>	Push yourself off a surface and into the air by using muscles in your legs. Tuck jumps, straight jumps, star jumps, jump half turns.
<b>Balances</b>	An even distribution of weight enabling someone or something to remain upright and steady.
<b>Safety</b>	Following the rules to enable the safety of yourself and others.
<b>Travelling</b>	Different ways of moving - walking on toes, hopping, jumping, bunny hops, skipping. Travelling can be done at different speeds and on different levels.
<b>Shapes</b>	Tuck, straddle, pike, star, dish, arch, front support, back support
<b>Sequence</b>	Two or more skills which are performed together to create a combination skill.



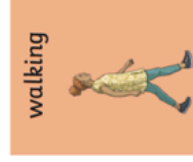
Equipm



port



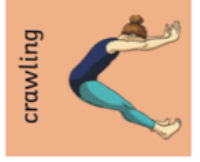
tuck jump



walking



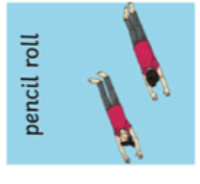
forward roll



crawling



straddle jump



pencil roll

## Sequence Examples