



PE		Year 2	
Focus: Gymnastics			
Age related vocabulary			
pike		arms in line with shoulders, legs together, toes pointed	tuck
			
straddle		arms and legs extended, arms stay shoulder height in line with legs	

Carlton Assessment Grid			
Success Criteria	Pupil Reflection		Teacher Assessment
I can perform gymnastic shapes and link them together	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can use shapes to create balances	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can link travelling actions and balances using apparatus	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can demonstrate different shapes, take off and landing when performing jumps	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can develop rolling and sequence building	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can create a sequence using apparatus	Before <input type="checkbox"/>	After <input type="checkbox"/>	

Key Knowledge
<ul style="list-style-type: none"> • There are different shapes we can make in gymnastics, these include: pike, straddle, tuck, star, front/ back support, dish and arch. • We can make these into balances in different ways, using body tension to keep us steady. • Body tension means squeezing your muscles to help stay strong when you are performing actions. Having body tension improves the quality of an action.