

Penguins

PE

Spring 2



Gymnastics

Ball Skills

Gymnastics

Gymnastics is a type of sport that includes physical exercise requiring balance, strength, flexibility, agility, coordination and endurance. The movements involved in gymnastics contribute to the development of arms, legs, shoulders, back, chest and stomach muscle groups.

To develop these skills it is important to learn how to create shapes with the different parts of the body and learn a sequence of basic movements.



Teamwork



When working as a team it is important to listen to your partner. It is also important that you give clear instructions in order to keep my partner safe. It is also important to talk, listen and share ideas with other people in order to complete a task.

Ball Skills

The fundamental ball skills are throwing, catching, rolling and dribbling with both hands and feet. Practicing these skills can help to increase control, accuracy by using co-ordination and balance. Ball skills are important in both team games and individual games.



	Key Vocabulary	Definition
Gymnastics	Balance	The ability to maintain the line of gravity within the body
	Body	The structure of a human being
	Control	The ability to focus on aspects of performance
	Muscles	A bundle of tissue inside the body able to contract
	Performing	Carry out an action in front of others
	Stability	The state of being still in an action
	Technique	The skill or ability in a particular sport
Ball Skills	Accuracy	The state of being correct or precise in movements
	Catching	Intercept and hold something that has been thrown
	Dribbling	Manoeuvring a ball by one player while moving
	Position	A place where someone or something has been put
	Target	A mark or point at which someone aims at
	Throwing	Propel something with force through the air by hand

Warm up and Cool down

Warming up is important because it helps to reduce the amount of injuries which can be caused by playing sport. Cooling down is important because it helps to gradually reduce heart rate and stretch out the muscles which have been used during exercise.

Warm up ideas:

Jelly on a plate

Fruit bowl

Bug hunt

Action Cones



End of Unit: Ball Skills and Gymnastics

What shapes can be created in gymnastics?

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Why are learning ball skills important?

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Why is it important to cool down after you exercise?

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