



Somerset Bridge Primary School
Aspire - Brave - Care - Collaborate

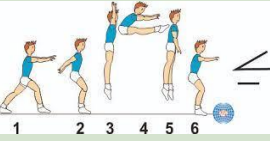
PE: Year 2 Gymnastics & Dance

Gymnastics Jumps

Straight



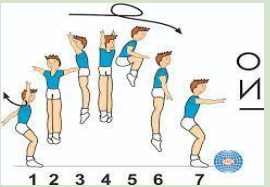
Pike



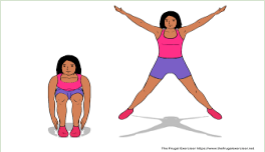
Straddle



Turn



Star



Key Skills

To link combinations of different actions and balances together.

To develop different ways of creating a sequence using similar actions/shapes or different actions/shapes.

To demonstrate different take off and landings when performing jumps.

To explore and perform a range of actions with control and coordination.

To create movement phrases which communicate a theme, idea, feeling or mood.

Describe others dances and actions I have used and take steps to improve my own work.

Equipment/Apparatus

Benches
Beams
Table
Trampoline
Mats
Wedge mat
Climbing frame



Key Vocabulary

Balance	An even distribution of weight enabling someone or something to remain upright and steady.	✓
Dismount	To leave an apparatus at the end of a routine.	
Landings	Safely being able to land on the floor after jumping or dismounting from equipment.	
Control	Being able to safely move your body in different ways.	
Coordination	The body's ability to perform smooth and efficient movements.	
Movement phrase	Moving the body in to different positions.	



Styles of Dance

Modern



Ballet



Street



Contemporary



Tap

