



Waterbeach Community Primary School

Curriculum Capture for Year 2

PE: Gymnastics: Points of Contact

Theme: Healthy Living

Key Knowledge

Points of Contact

Positions of stillness can be held on a different numbers of points of contact.

Body Parts

- Hands
- Feet
- Back
- Stomach
- Bottom
- Elbows
- Knees



V-sit

Key Skills

Develop fundamental movement skills.

Perform positions of stillness on varying numbers of contact points and body parts.

Transfer of weight e.g. from one position of stillness to another.

Extend agility, balance and co-ordination.

Engage in co-operative physical activities.

Front Support



Vocabulary

Position of stillness	Holding a position still.
Points of contact	Body parts in contact with the floor.
V-sit	A body position where the legs are raised off the floor and the entire body forms the general appearance of a "V" shape.
Tuck	A body position where the knees and hips are bent and drawn into the chest with the hands holding the knees.
Pike	A body position where the body is bent forward at the waist with the legs kept straight like a 90-degree bend at the hips.
Front Support	A body position similar to a pushup position, where the body is on its front, with straight arms pushed off the ground, and the body is tense and straight.
Back Support	A body position, where the body is on its back and stomach is facing up, with straight arms pushed off the ground, and the body is tense and straight.
Side Support	A body position, where the body is on its side, one straight arm is pushed off the ground.
Side Knee Balance	A body position where the body is kneeling up and one leg is placed straight out to the side so that you are balancing on one lower leg and one foot with arms out to the side.
Crouch	A position where the knees are bent, and the upper body is brought forward and down, typically in order to avoid detection or to defend oneself.
Balance	An even distribution of weight enabling someone or something to remain upright and steady.
Stretch	To straighten or extend one's body or a part of one's body to its full length.
Perform	Present to an audience.
Improve	To make better.
Arabesque	A 1-foot balance raising the lifted leg straight behind to the horizontal keeping your back upright.
T balance	A 1-foot balance raising the lifted leg straight to the side to the horizontal. Tilt the upper body to the horizontal the other way to create the T shape.
Arch shape	A body position where you are lying on your front with legs, arms and shoulders off the floor so that only your middle (hips to tummy) remains in contact with the floor.
Dish shape	A body position where you lie on your back with your legs lifted to your chest in the tuck shape and your head and shoulders off the floor curling your chin towards your chest.