



# Waterbeach Community Primary School

## Curriculum Capture for Year 2

### PE: Gymnastics: Ball, Tall Wall

#### Theme: Healthy Living

Key Knowledge		
Ball Shapes and Actions	Tall Shapes and Actions	Wall Shapes and Actions
<p>A small, rounded/curved position as curled up as possible – a sitting tuck shape.</p> <p><b>Shapes</b> Ball shape on our feet, on our back, on our side, whilst kneeling.</p> <p><b>Actions</b></p> <ul style="list-style-type: none"> <li>• Bunny hops</li> <li>• Slide like a snail</li> <li>• Egg roll</li> <li>• Spin on bottom</li> <li>• Rock and Roll</li> </ul>	<p>A long, stretched position, arms reached towards the ceiling and toes pointed- a straight shape.</p> <p><b>Shapes</b> Tall shape on our feet, on our back, on our side, on our front.</p> <p><b>Actions</b></p> <ul style="list-style-type: none"> <li>• Walking</li> <li>• Marching</li> <li>• Pencil roll</li> <li>• Log roll</li> <li>• Lying straight shape</li> <li>• Front support</li> <li>• Back support</li> </ul>	<p>A position stretched as wide as possible including legs apart and arms outwards- a star shape.</p> <p><b>Shapes</b> Wall shape when sitting e.g. straddle shape, lying on our side.</p> <p><b>Actions</b></p> <ul style="list-style-type: none"> <li>• Standing star</li> <li>• Star jumps</li> <li>• Walk with T arms</li> <li>• Turning star</li> <li>• Side steps with T arms</li> <li>• Side support in star shape</li> <li>• Side knee balance</li> </ul>

Vocabulary	
Tuck	A body <b>position</b> where the knees and hips are bent and drawn into the chest with the hands holding the knees.
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.
Star Shape	A position where legs are apart, and arms are spread outwards.
Straight	A position where the body is stretched and tight.
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.

Key Skills
Develop fundamental movement skills.
Perform ball, tall and wall shape actions link actions on low, medium and high levels.
Extend agility, balance and co-ordination.
Engage in co-operative physical activities.

**Straight shape**



**Star shape**



**Tuck shape**

