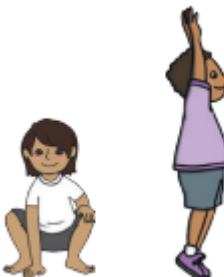


Key vocabulary		Definition
timing		Moving to the beat of the music
balance		A steady position
perform		To present to an audience



Physical Education Knowledge Organiser

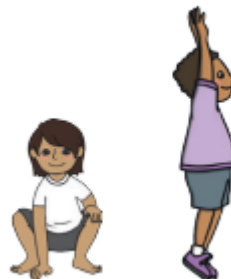
Dance (Animals) – Year One – Autumn B

Motif		A repeated movement showing the style or theme			
Posture	The way you hold your body				
Pairs choreography	The art of planning the movement of a pair of dancers				
mirror image	improvise	travel	unison	level	
					



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Dance (Pirates)– Year Two – Autumn B

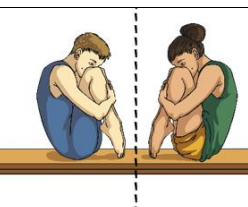
Motif		A movement phrase encapsulating an idea that is repeated and developed throughout the dance.		
Dynamics	The qualities of movement based upon variations in speed, strength and flow.			
Transition	Links between dance phrases or sections.			
mirror image	improvise	travel	unison	level
				



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Gymnastics (Linking movements) – Year Three – Autumn B

Key vocabulary	Definition
sequence	
full turn (360°)	
points	Small parts of the body
patches	Large parts of the body
canon	A movement that is then identically copied and performed by others
unison	When different movements or skills are performed by different gymnasts at the same time

tuck 	pike 
straddle 	bridge 
	
symmetry	levels



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Gymnastics (Partner work)– Year Four – Autumn B

Key vocabulary	Definition
poise	A quality of grace and balance in the way a person holds or moves their body
synchrony	Performing movements or skill at the same time or speed as another gymnast
contrast	an obvious difference between two or more gymnastic skills, balances or movements, e.g. high / low levels
adjacent	very near, next to, or touching
unison	When different movements or skills are performed by different gymnasts at the same time
asymmetry	a shape that is different on either side of the body or in comparison to another gymnast

tuck	pike
straddle	bridge
symmetry	levels



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Gymnastics (Under and Over) – Year Five – Autumn B

Key vocabulary	Definition
elevation	The action of 'going up', such as in a jump
elegant	Graceful and attractive in appearance
momentum	A force that keeps the gymnastics movement going
transition	Elegant links (e.g. rolling, turning, twisting, spinning) between gymnastic elements.

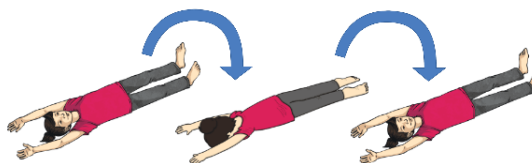
cartwheel



jump



pencil roll



leapfrog



teddy bear roll



cat leap



Gymnastics (group performance) – Year Six – Autumn B

Compositional technique

The structure of a gymnastics routine and how each individual element, movement or skill is arranged into a routine is called the composition of the routine

unison



canon



mirroring



contrast



levels



pathways



Jumps

tuck



star



pencil



pike



half turn



straddle



Rolls

teddy bear



egg roll



pencil roll



dish roll



