

EDSTART KNOW

- I can name small body parts that can take my weight safely.
- I can explain why balance and control are important in gymnastics.
- I can describe how to land safely after a jump or roll.

EDSTART GO

- I can balance using different parts of my body with control.
- I can link a jump, roll, and balance together in a sequence.
- I can move smoothly and show good body tension when travelling.

EDSTART SHOW

- I can balance using different parts of my body with control.
- I can link a jump, roll, and balance together in a sequence.
- I can move smoothly and show good body tension when travelling.

Key Vocabulary

**balance, roll, jump,
stretch, sequence,
control, flexibility,
strength**

Role Models



**Bryony Page –
British Olympic
Trampolinist**



**Dominick Cunningham –
British Artistic Gymnast**

What do we know about Gymnastics?

Gymnastics is a sport that builds strength, balance, and flexibility. It began in ancient Greece, where athletes trained their bodies through movement and control. Gymnastics includes jumping, rolling, and balancing. Practising these skills helps children improve coordination and body awareness. Every movement needs focus, confidence, and careful control.

In Year 2 we learnt

- **to balance upon large body parts and know how to vary the shape of the balances.**
- **show different types of rolls in stretched and curled shapes.**