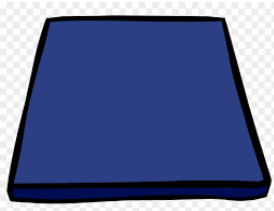


UKS2 Travel-Roll-Balance Knowledge Organiser

What will I use?



I can....

- I can lead my own warm up using the three key skills and mirroring a partner.
- I can perform and create sequences of using jumping, rolling and balances.
- I can perform a range of jumps from different heights and apparatus.
- I can perform a range of balances with control and stability using symmetry and weighted partner balances
- I can work in small groups to create and perform routines on apparatus on the floor.
- I can safely use a range of apparatus but begin to increase speed and change of direction.
- I can perform a range of more complexed rolls, balances and jumps with increased fluency.

Key Skills:

Travelling-



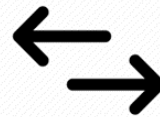
Rolling-



Jumping-



Change Direction-



Spatial awareness-



Coordination-



Creativity-



Timing-



Key Vocabulary:

Control- To be able to control your bodies movements when on mats or apparatus using different speeds and directions.

Coordination- is the ability to move two or more body parts under control, smoothly and efficiently.

Spatial awareness- To know and understand what is around you when moving and performing.

Stability-To maintain a body position with control and balance for example landing and holding a shape.

Creativity-The ability to work individually or in a small group to plan and put together a routine or sequence.

Fluency-The ability to perform a sequence or a routine without hesitation or stopping.

Symmetry- Means a balance where both sides of the body are the same.

Complexed-Complex skills are skills where the performer has to process lots of information and make lots of decisions.