

PE · Y1-Y6

Gymnastics & Dance

Knowledge Organiser — KS1 to KS2 PE

Key vocabulary

1

Balance

Holding a shape still without falling — using your muscles to stay steady.

2

Travel

Moving from one place to another — walking, running, rolling, crawling.

3

Shape

A position your body makes — straight, tucked, star, arch.

4

Sequence

A series of movements joined together to make a routine.

5

Apparatus

Equipment used in gymnastics — benches, mats, beams, bars.

6

Tension

Keeping muscles tight to make a strong, clear shape.

7

Extension

Stretching muscles to their full length — pointed toes, straight arms.

8

Choreography

Designing a dance — choosing movements, order and music.



9

Dynamics

How a movement is done — fast/slow, sharp/smooth, strong/light.

10

Levels

High, medium and low positions in dance and gymnastics.

Basic gymnastics shapes

The building blocks

- STRAIGHT (pencil) — body in a straight line, arms above head.
- TUCK — knees pulled up, body in a ball.
- STAR — arms and legs spread wide.
- STRADDLE — legs apart in a wide V, arms forward.
- PIKE — legs straight, body folded forward at the hips.
- Each can be done STANDING, SITTING, or LYING DOWN.
- Always hold a shape with TENSION (tight muscles) for 3 seconds.

Balances and rolls

Build progressively

- BALANCES (easy → harder): two feet → one foot → patch (knee + foot) → tipped (one knee + one foot) → point (one foot, raised).
- Always look at a fixed point ahead — helps with balance.
- ROLLS:
- PENCIL ROLL — body straight, roll sideways.
- EGG ROLL — tucked, roll sideways.
- FORWARD ROLL — chin to chest, push from feet, land on shoulders.
- Always practise on a mat. Always check ahead before rolling.



- Build skills gradually — only attempt new moves with a teacher present.

ce — the basics

Six things every dance ha

- ACTIONS — what you do (jump, spin, slide, pose).
- DYNAMICS — how you do it (fast/slow, soft/sharp).
- SPACE — where you go (forwards, backwards, paths, levels).
- RELATIONSHIPS — with whom (alone, partners, groups, mirroring).
- TIMING — staying with the music or beat.
- EXPRESSION — face and body show emotion.
- Use these six elements to plan and describe any dance.

ling a sequence

Gymnastics OR dance rou

- 1. START shape (held for 3 seconds).
- 2. TRAVEL to a different spot (walk, roll, jump).
- 3. SHAPE 2 (different from start).
- 4. Movement (turn, balance, dance step).
- 5. SHAPE 3 (final, held for 3 seconds).
- Vary LEVELS (high/medium/low) — makes the sequence more interesting.
- Vary SPEED — some fast, some slow.
- Practise the sequence many times until it's smooth.
- PERFORM with confidence — face the audience, hold each shape clearly.

