

Knowledge Organiser – Year 8

Physical Education - Gymnastics

Key words	Definition
1.Aesthetically pleasing	An artistically beautiful or pleasing appearance of a skill or sequence.
2. Precision	Gymnasts fine tune it a skill, hone it to perfection, and make it more precise.
4.Centre of gravity	The place in a system or body where the weight is evenly dispersed, and all sides are in balance
5. Fluency	Being capable to move effortlessly and smooth with ease once mastered a skill or sequence.
6. Canon	Gymnasts perform the same routine or skills one after the other.
7. Unison	Gymnasts perform the same routine or skills at exactly the same time.
8. Mirror	Reflecting the movements of another person as if they are a mirror image (facing each other)
9. Matching	Copying the movements of another person as if they raise their left arm the person raises their left arm.
10. Counterbalances	A force or influence that offsets or checks an opposing force



Success Criteria

Quality: Producing a routine of high quality or merit

Tension: A force tending to straighten or elongate something
Extension: extending throughout the body along specific lines, planes and alignments during every movement

Control: To exercise authority over something

Creativity: To use your imagination to create a sequence.

Skills

Rolls

Froward roll,
backward roll, log
roll, teddy bear roll
& circle roll

Jumps

Straight, star,
straddle & pike

Travels

Twisting and turning,
rotation, cartwheel,
leap, slide, hop &
skip

Balances

V Sit, long sitting, front and back support, arabesque, head stand, counterbalances, group balances & shoulder stand

Sequence

Three or more skills which are performed together creating a different combination skill



Fitness Components

Strength: The ability to overcome a resistance. This can be explosive, static or dynamic:

Speed: The maximum rate at which an individual is able to perform a movement or cover a distance in a period of time, putting the body parts into action as quickly as possible. Calculated by distance ÷ time

Agility: The ability to move and change direction quickly (at speed) whilst maintaining control.

Balance: The maintenance of the centre of mass over the base of support. Reference can be made to whilst static (still) or dynamic (whilst moving).

Flexibility: The range of movements possible at a joint.

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Physical skills:

Balance- Arrangement of body parts to create equal distribution of weight

Alignment- Placement of body parts in relation to one another

Strength- Withstand or exert force with muscle power

Isolation- Independent movement of a single body part

Control- Engagement of muscles to start, stop, change direction and hold shape with accuracy

Stamina- Sustain prolonged physical activity requiring muscular and cardio-respiratory endurance

Posture- Carriage of the body and the way in which its held

Extension- The lengthening of limbs

Coordination- Effective combination of movement from various body parts

Flexibility- Range of movement in the joints and the lengthening of muscles across the joints

Mobility- Moving fluently from action to the next

The elements of dance

Action – Elevation, gesture, turn, travel, stillness

Space – The ‘where’ of movement; levels, directions, pathways, size of action & formation

Dynamics – Degrees of speed, force and flow that creates the quality of the movement

Relationships – The ways in which dancers interact and connect with one another.

Motif – A single movement or short phrase, which has the potential to be developed

Motif development: The adaption, variation and extension of the motif through ASD&R

Focus: Cheerleading Music: Shake it Off by Taylor Swift

Different types of stimuli

Auditory: What does it sound like?

Visual: What can you see?

Kinaesthetic: How does it move?

Tactile: How does it feel?

Ideational: What is its job?

Compositional devices: tools used to develop movement

Unison- Two or more dancers doing the same movement at the same time

Canon- Movement performed at different times, one dancer followed by another

Lead & Follow- One dancer following the pathway of another

Question & Answer- One dancer performs, and the other dancer performs a movement that ‘replies’

Repetition- An action or sequence that occurs again

Retrograde- The motif performed backwards, as though rewind

Mirroring- Dancers reflecting movement as a mirror image

Numerical Variation- Grouping dancers (2:2 duet, group 3:1, 6:2)

Pathway- Direction of travel to create spatial designs and patterns

Formation- The spatial positioning of the dancers (lines, circles)

Accumulation- Repeating a phrase with a new movement each time

Fragmentation- The phrase is broken down into smaller parts and reordered

Embellishment- Detail is added to the original movement

Physical Education - Dance

Performance skills:

Projection - Confident presentation of one’s body and energy to communicate movement and meaning

Musicality - The ability to be receptive to rhythm, tempo and mood when dancing.

Energy- Amount of dynamic force and the qualities of the movement

Focus - Use of eyes to enhance performance / where eyes are directed.

Facial Expression – A gesture executed with facial muscles to communicate mood, feeling or character.

Emphasis- The accents in energy and timing provided by the dancer at different moments throughout the dance.

Commitment- The level of dedication to the performance role

Timing- Use of time/counts to match movements to sound.

Spatial awareness - the ability to see objects in relation to each other and to oneself.

Form/Structure: The order in which a dance is put together

Rondo (ABACADA) - ‘A’ is the chorus and is repeated after each different verse.

Ternary (ABA/ABA) - a contrasted middle section where the beginning is either repeated exactly the same or is presented as a modified version.

Binary (AB) - two contrasting sections

Narrative (ABCDEF) – Movement content is sequentially arranged into separate sections; this could be to tell a story.

Theme and variation (A1,A2,A3) – Each section builds and develops from the section before. The theme provides a basis for the variation and each variation becomes the theme for the next