Aston on Trent Primary School
PE Knowledge Organiser

Curriculum overview

In this unit of work will be focusing on exploring movements and balances in symmetrical and asymmetrical ways. We will learn to perform movements which contain flow and control and linking movements into a routine. will create sequences starting with symmetrical balances on apparatus, moving out of it and travelling to a new piece of apparatus and ending with asymmetrical balances and extension.

Key vocabulary

symmetrical	when a balance or movement is identical on either side.
asymmetrical	When a balance or movement does not match on either side and they become nonidentical.
extension	When a body part is 'extended' or pointed when holding a balance.
flow	When two or more movements are controlled one after another.
control	Thinking carefully about movement, remaining focused and steady.
linking	Adding two movements together so that they flow after one another.
balance	being able to keep your body steady and controlled.

Our topic is...



Gymnastics

'asymmetrical and symmetrical balances'

Sticky knowledge

Symmetrical means identical on both sides.

Asymmetry is a balance or movement that is not identical on either side.

Linking means successfully adding two movements together so that they flow one after another.

An extension is when you can extend a part of your body (pointing your fingers) when holding a balance.

Flow means moving from one action to another without stopping.

symmetrical and aymmetrical

symmetrical



asymmetrical



Inspire me





