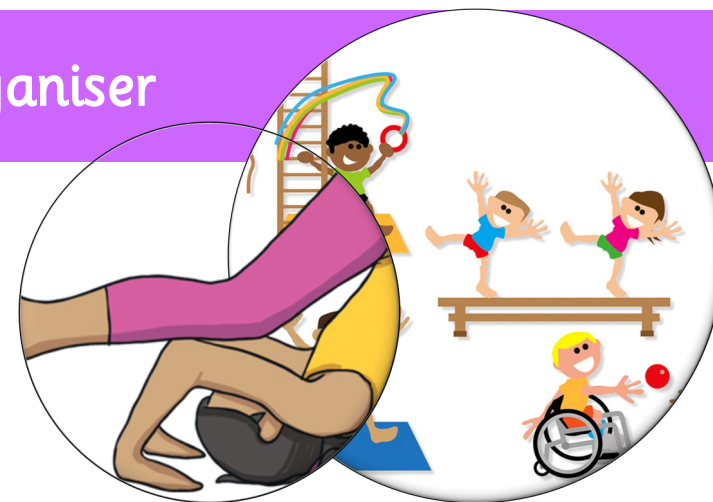




Year 1 - Spring 1 - Gymnastics Knowledge Organiser



What I already know...

During PE lessons last term we developed our spatial awareness and ability to move fluently, and with control, changing direction and speed easily to avoid collisions! We also developed our hand eye coordination skills. In Pilates we worked on building core strength as well as flexibility and the ability to 'hold' positions and land safely.

Key Vocabulary

balance	When you keep your body very still in a particular shape.
jumping	Can be: bunny hop, leap from foot to another, two-footed jumps.
egg rolls	Tuck chin into chest to protect it.
log rolls	Keep legs and arms in a stiff position as you roll.
dish rolls	Lift arms and feet off ground, tense tummy muscles as you start to roll.
rocking roll	Rock back and forth on back in tucked shape. Use rocking momentum to push off to standing position.
front roll	put hands under shoulders and push down on floor. Keep back straight.
wheelbarrows	Work collaborative to support partner in front position.

What I will learn...

- This term the children will learn to master basic movements including running and jumping
- They will learn to develop their balance, agility and co-ordination, and begin to apply these in a range of activities
- Children will recognise how their body feels when still and when exercising
- They will explore movement ideas and respond imaginatively to a range of stimuli
- Children will move confidently and safely in their own and general space, using changes of speed, level and direction
- Children will compose and link movement to make simple dances with clear beginnings, middles and ends
- Perform movement phrases using a range of body actions and body parts including contrasting shapes that are narrow, wide, big, small, star, tuck, bridge, straight shapes.

Making a difference at The Merton

Fairytale characters provide the stimulus and opportunities for children to develop control, agility and coordination. Throughout the learning children will be developing their character of 'determination' as they keep learning and trying to improve and try to maintain a 'positive attitude' trying their best even when things are difficult, as children learn and practise a variety of skills, including travelling movements, rolls, jumps and balances. Children apply their learning in a variety of ways, including regular sequence building, both individually and with a partner. Children will use their learning from over the sequence of lessons to use movement and balances to create their own 'stories' with a clear beginning, middle and ending, which they will perform to the rest of the class.

Making a difference at home

Looking after your physical and mental health is so important and what you learn in gymnastics this term will make you feel energised throughout the day. Why not show some of your gymnastic skills to people at home, remember stretching to warm up and cool down is important too. Exercising outdoors is always a good idea, maybe when you next go for a walk you could take some time to think about how your body and breath feels before, during and after exercising. Hopefully you will feel happier, fitter and have more energy afterwards!