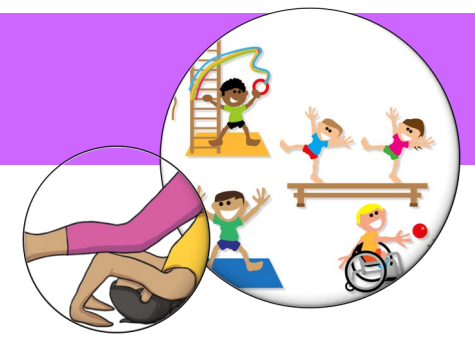










Year 1 - Spring 1 - Gymnastics Knowledge Organiser



What I already know...

In EYFS children learnt to create shapes, balances, and jumps and began to rock and roll. They grew an awareness of space and how to use it safely and perform basic skills on both floor and apparatus. Children learnt to copy, create, remember and repeat short sequences. They started to use levels and directions when traveling and balancing.

Key Vocabulary

star		Legs apart and arms out wide.
tuck		Bring knees into chest.
pike		Legs together and arms together pointing forwards.
arch		Lay in front and raise legs to make an arch shape.
straddle		Sit on the floor with your legs straight and spread apart,
dish		Lie flat on your back and lift your legs to make a half dish shape.
barrel roll		Tuck legs into chest and remain in tuck position throughout the roll.
straight roll		Start in a dish shape, lying on your back with your arms above your head and legs straight and together. Roll onto stomach and repeat.
forward roll		Put hands under shoulders and push down on floor. Keep back straight.

What I will learn...

In gymnastics you learn to move your body in really fun ways. There are also lots of shapes that you can make with your body. In gymnastics, these shapes have special names.

- Use different body parts to travel on and high and low levels
- Develop quality when performing and linking shapes
- To develop stability and control when performing balances
- Develop technique and control when performing shape jumps
- Develop technique in a barrel straight and forward roll
- To link gymnastics actions to create a sequence with a starting and finishing position so that people know when your sequence has begun.

Making a difference at The Merton and beyond

Traditional tales and fairytale characters provide the stimulus and opportunities. At the start of the unit children will think about their starting ability in gymnastics and set themselves goals to achieve at the end of the unit. This links with our PSHE unit Dreams and Goals, the children will think about how they can work collaboratively to achieve these goals. 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.

PE Skills I need:

- travelling actions
- Hold shapes as balances
- Shape jumps
- Barrel, straight and forward rolls.

