PE

Gymnastics - KS1

Key Vocabulary

travel	footwork
jump	space
roll	weight
speed (fast and slow)	sequence
balance	pathway
control	apparatus



Key Knowledge and Skills

Children will learn:

- To use space well and be aware of others.
- To travel safely in different directions.
- To land safely when jumping from the floor and apparatus.
- To travel along specific pathways - straight, zig-zag, curving.
- To take weight confidently on hands.
- To produce a short sequence of movements which have a clear beginning, middle and end.
- To work cooperatively with a partner to perform skills.
- To work on apparatus with consideration for others.

Year 1	Year 2
• Flight	• Parts High and Low
• Points and Patches	• Pathways
• Rocking and Rolling	• Turning and Spinning
• Wide Narrow Curled	• Linking movements together

Key Questions & Physical Wellbeing

- How do we land safely?
- Can you name any points and patches?
- What pathways can you show?
- What balances show your feet as the highest part?
- Can you recognise how your body feels after exercise?

Equipment

- mats
- benches
- low balance beam
- A frames (small and medium)
- table-tops (small and Medium)
- climbing apparatus (low level)