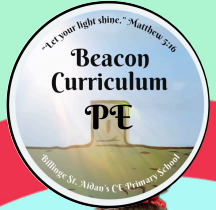


Year 1 - Gymnastics - HT1



Prior Learning: In early years children experimented with different shapes, jumps, rolls and balances. They began to move around in different ways using different parts of their body e.g slide, roll, jump, crawl. They experimented with balancing and different ways of moving on equipment.

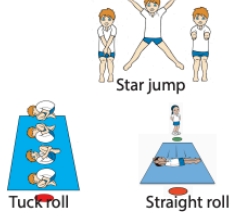
Key Skills

Physical Me

- Jumps



- Rolls



- Balances



Thinking Me

- To improve my performance .

Value Me

- Determination- try, try, try again!

Social Me

- Co-operate with others
- Be a Mini Coach



Sporting inspirations :

Britain twin gymnasts
Jessica and Jennifer Gadirova
They won Olympic bronze medal side by side.



Key Vocabulary

Pike

Start

Straight

Squat

Finish

Roll

Tuck

Balance

Key Knowledge

Shapes - Keep strong-when performing the shape: straight, star, tuck, dish, arch, squat, pike, straddle

Jumps - land on two feet and bend knees

Balances - hold shapes for 3 seconds

Rolls - good control

I can statements



Can perform various shapes

Perform basic jump (straight jump, Star jump)

Perform a tuck rock and a tuck roll and rocket roll with pointed toes

Perform a simple balance holding for 3 seconds

Perform a bunny hop- hands first then feet

Perform a basic sequence (roll, jump and roll)

Moving on and off apparatus with control

Anything else you have learnt? What have you enjoyed?