

Year 1 – Term 2

Do we all work in the same way?

PHYSICAL EDUCATION

Gymnastics



When jumping off apparatus, bend knees on landing.
Look to see where other people are before jumping off of apparatus.
Simone Biles is the most decorated gymnast in history.
Practice: line walk, static balance
Teach: climb (low apparatus), land, turning
Explore different ways of travelling in different situations.

Long-term Memory Knowledge:

Know how to move around a space, being able to climb over and go under equipment.
Carry out movements safely and explain some of the things you might do to keep yourself and others safe.
Know Simone Biles was a gymnast and won medals for her gymnastic skills.
Talk about how they can move their bodies in different ways.
Land safely when jumping – with knees bent.
Put together a sequence of movements.

Key Vocabulary

sequence	a series of different movements, balances, jumps etc. put together so they are performed one after another without pausing
travel	to move around a space
Simone Biles	a famous gymnast
dismount	to get off a piece of apparatus with control
balance	have control over your body so you can stay still in a position

Progression in Resources:

Apparatus
Mats
Videos and images

Relevance

Now	To be able to move and balance with control of the body.
Future	To develop flexibility, strength and increased control of body shape and movements as we grow.
Aspiration	To maintain agility and flexibility to minimise health issues and lead an active life.

National Curriculum Links:

Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.

Essential Prior Learning:

Children have been exposed to travelling in different ways and moving around a space with more control. They have moved their bodies in different ways through free exploration including climbing on playground equipment.

Progression in Skill:

Use low apparatus (e.g. benches) to climb, travel and balance.
Land safely when dismounting apparatus.
Perform simple shapes when dismounting: straight, star.
Develop longer sequences of actions, e.g. a balance, a way of travelling and a jump.
Gymnastics develops balance.
Practising gymnastics helps your body to move and be able to do a wider range of things.
Carry out skills safely.