Year 1 – Term 2

Do we all work in the same way?

PHYSICAL EDUCATION

Gymnastics



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. 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 Learn: climb (low apparatus), land, turning

Long-term Memory Knowledge:
Move around a space, climbing over and under equipment. Carry out movements safely and explain some of the things you might do to keep yourself and others safe. Put together a sequence of actions, remembering what comes first, next and last. Know Simone Biles was a gymnast who 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: benches, low beams Mats Videos and images

Relevance	
Now	Develop control over your body to move and balance with confidence, showing an awareness of the available space and other people; consider the safety of others as well as yourself.
Future	The ability to control your body and movements leads to good posture as a fully-grown adult, minimising potential health problems later in life; physical activity is something to be enjoyed, whatever form it takes.
Aspiration	Gymnastics may become a passion that is continued into adult life – possibly even to a highly competitive level – as might other forms of sport and physical activity that requires strong control of the body, e.g. dance or martial arts.