



Subject: PE **Topic:** Gymnastics **Year Group:** Year 1

What I should already know:

- To move linking actions together
- To move with control of my body
- To know how to use my body to complete activities and actions
- To use my body to achieve good posture
- To begin to use a range of large and small apparatus alone and in a group
- To know and talk about health and well-being
- To further develop the skills they need to manage school successfully e.g. turn taking.

ELG: Gross Motor Skills

Children at the expected level of development will:

- use space and be aware of obstacles
- be safe, thinking about themselves and others;
- Demonstrate strength, balance and understand how their bodies work
- Move energetically, run, jump, roll, hop, skip and climb.

Vocabulary:

Travel, roll (teddy bear, log, egg, forwards), link, sequence, level, tension, posture, speed, direction, flow, control, jump, tuck, pike, straddle, straight, shape, copy, remember, repeat, start, finish, body parts (large, small), position, slide, action, under, over, along, through, on, off, around.

What I will know by the end of the unit:

- Spin, rock, roll and turn on different body parts
- Explore different ways of rolling, jumping and travelling
- Plan and link moves together
- Adapt movements to apparatus
- Use basic control and coordination when travelling and still
- Find and use space safely

Activities I can take part in to achieve my objectives:

- Learn how to rock and roll using specific techniques
- Exploring different shapes that can be used for rolling, travelling, jumping and balancing
- Be led through how movements can link together considering natural flow from one move to another
- How to use apparatus safely and adapt my floor work to the apparatus