

<b>Year 1 Gymnastics</b> <b>Curriculum Link:</b> <b>To develop balance, agility and co-ordination, and begin to apply these in a range of activities</b>		
Key Information	Learning	Key PE Skills
Unit	Previous Learning	Competing and Performing
<p>Subject Name: <b>PE</b>            Year Group: <b>1</b>            Term: <b>2 (H2)</b>            Unit Name: <b>Gymnastics</b></p> <p><b>Spiritual Development</b>            Through the study of Physical Education, children will develop an understanding of the importance of physical health and how this can promote positive emotional development. An honest witness tells the truth. But a dishonest witness tells lies.</p> <p>Proverbs 12:17</p>	<ul style="list-style-type: none"> <li>• Create a short sequence of movements.</li> <li>• Roll in different ways with control.</li> <li>• Travel in different ways.</li> <li>• Stretch in different ways.</li> <li>• Jump in a range of ways from one space to another with control.</li> <li>• Begin to balance with control.</li> </ul>	<ul style="list-style-type: none"> <li>• Engage in competitive activities and team games.</li> </ul>
Big Ideas	Year 1 Learning	Health and Fitness & Preparation

<p>To develop strength, flexibility and balance.</p>	<ul style="list-style-type: none"> <li>• To explore travelling movements.</li> <li>• To develop and combine travelling movements.</li> <li>• To develop quality when performing and linking shapes.</li> <li>• To develop quality when linking shapes.</li> <li>• To develop stability and control when performing balances.</li> </ul>	<ul style="list-style-type: none"> <li>• Recognise and describe how the body feels during and after different physical activities.</li> <li>• Explain what they need to stay healthy.</li> </ul>
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Key Information		Learning	Key PE Skills
Vocabulary		Future Learning:	Evaluation and Communication
stretch shape repeat roll direction speed balance turn warm-up	cool-down pike tuck straddle hop spring skip gallop tiptoe	<ul style="list-style-type: none"> <li>• To develop stability and control when performing balances.</li> <li>• To develop technique and control when performing shape jumps.</li> <li>• To develop technique and control when performing shape jumps.</li> <li>• To develop technique in the barrel, straight and forward roll.</li> <li>• To develop rolls and use them in a sequence.</li> <li>• To link gymnastic actions to create a sequence.</li> <li>• To develop quality in gymnastics sequences.</li> </ul>	<ul style="list-style-type: none"> <li>• Watch or describe performances of themselves and others - begin to say what went well and what didn't go well.</li> <li>• Follow simple rules to play games, including team games.</li> </ul>

**Glossary**

**Communication:** Giving, receiving, and sharing information

**Cool Down:** Using gentle stretches and exercises to allow the body to return to rest after physical activity.

**Core:** Main muscles in centre of your body that help you to control and stabilize your body.

**Levels:** Whether a movement is low and close to the ground, medium and standing or high off the ground.

**Pilates:** Exercises designed to improve physical strength, flexibility and posture.

**Respect:** You treat people in a way that shows that you care about their well-being and how they feel. You treat equipment with care and consideration.

**Routine:** Is combination of skills or movements in one sequence.

**Sequence:** Movements that link from one to the next.

**Shape:** The form created by putting the body in a certain position.

**Skill:** The ability to use techniques or moves correctly and repeatedly.

**Teamwork:** Working together with other people to achieve a goal.

**Tempo:** How fast or slow a movement is made.

**Theme:** The main idea in a movement pattern.

**Time/Timing:** How movements in a dance relate to each other in terms of speed and length, how the movements of different people fit together and with the music.

**Transition:** Movement or change from one position/section to another.

**Unison:** Where a group of people perform the same routine at the same time.

**Warm Up:** Using gentle stretches and exercises to allow the body to be ready for physical activity.