



Edenfield C of E Primary School		
PE	Year: 1	Gymnastics

What should I already know?
• Our school games values and how to demonstrate them • How to travel into space • How to jump off objects and land appropriately • How to spin on different body parts • How to balance using different body parts

What will I know by the end of the unit?
• How to do different types of movement, finding and using space safely
• How to do basic gymnastics actions on the floor and using apparatus
• How to copy, create remember or repeat short movement phrases e.g. two jumps, two rolls
• How to use skills and agilities individually and in a group whilst showing as much control and precision as possible
• How to perform the fundamental movement skill of travelling at a developing level
• How to perform body actions with some control and coordination
• How to do wide and thin shapes
• How to travel in different ways such as frog, bunny, crab, bear and caterpillar
• How to balance using large body parts such as tummy, back and bottom
• How to jump and land safely
• How to roll in different ways such as pencil and egg rolls

Vocabulary		
Balance	Counter balance	Curving
Twist	Symmetrical	Dynamics
Asymmetrical	Points	Start
Patches	Levels	Finish
Floor	Apparatus	Clearly
Link	Timing	Creatively
Transitions	Combinations	Confidently
Sequences	Formations	Safely
Adjacent	Front and back	Communication
Mirroring	Inversion	Evaluation
Routines	Flowing	Constructive
Stretch	Curl	Feedback
Arch	Shapes	Straight
Wide	Narrow	Zigzag
Long	Rolls	Partner
Jumps	Landing	Pathways

