



PE Topic: Gymnastics

Year: 1 **Term:** Spring 1

Key Knowledge/Content:

- To extend their agility, balance and co-ordination, individually and with others.
- To master basic movements including running, jumping, developing balance and co-ordination, and begin to apply these in a range of activities.

Links to:

Prior learning:

To skip, hop, stand on one leg and hold a pose for a game like Musical Statues.

Future learning:

To be able to remember, repeat and link combinations of gymnastic actions, body shapes and balances with control and accuracy.

Key vocabulary with definition:

Prior vocabulary:

- Push – To move something away.
- Pull – To bring something closer.
- Hop – To jump on one foot.
- Skip – To step from one foot to the other with a bounce.
- Crawl – To move on your hands and knees.
- Still – To not move.
- Jump – To move from two feet to two feet.
- Roll – To move by turning over.
- Copy – To do the same as someone else.

New vocabulary:

- Stretch – Make something longer.
- Around – Avoid something.
- Through – Travel into something.
- Pathway – The direction of movement.
- Balance – Hold a shape still.
- Tension – Stretched tight.
- Straight – Moving in one direction.
- Curved – Not straight, bending.

By the end of this unit

All children can: copy, create, remember or repeat short movement phrases.

Most children can: use a range of equipment to move on/off, over, under, along and through safely.

Some children can: make up and perform simple movement phrases in response to simple tasks.

Background understanding for teachers and parents:

This half term is Gymnastics, with a focus on travelling and balance. The children will explore different ways of moving, e.g. jumping, rolling, skipping, etc. They will also explore different balances (still shapes).

Curriculum Driver (one):

Communication

Evidence outcome:

Copy or create a short movement phrase, using a range of equipment safely.