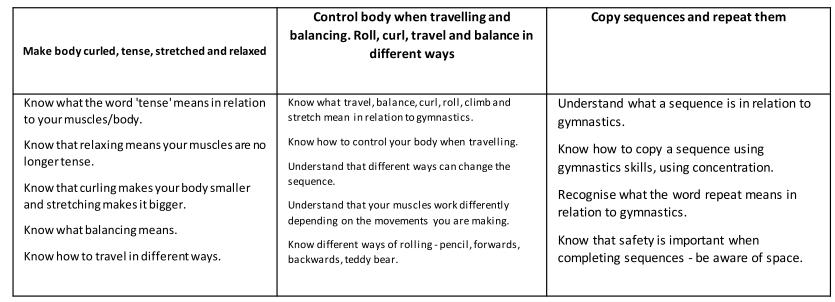
Year 1 PE – Gymnastics Knowledge Organiser Golden Thread: Sustainability and Stewardship

Objectives and Sticky Knowledge

Previous Knowledge Recap:

- *Negotiate space and obstacles safely, with considerations for themselves and others.
- *Demonstrate strength, balance and coordination when playing.
- *Moves energetically, such as running, jumping, dancing, hopping, skipping and climbing.

Land Objectives and Sticky Knowledge:



Links with 'Sustainability and Stewardship' Golden Thread:

Gymnastics competition

Links with CST:

- Participation taking part
- Human dignity everyone is special

Links with CKA Values Crown:

- Service, hope



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Physical		
Skill	Definition	How do I do this?
Travelling	To move from one place to another place.	 -Think of the different ways that you can travel, e.g. running, crawling, hopping and sliding. -Changing direction makes movements interesting. -Copy – think about how different animals travel.
Balancing	To hold a body position with control.	 Consider each part of your body and the shapes that you create. Hold moves for at least 5 seconds. Keeping arms and legs further apart helps. Add quality by being still, pointing fingers & toes. When taking weight on hands, tense stomach.
Jumping	To launch both legs off the floor at the same time	-Keep your chest upright, don't tilt to one sideBend your knees & spring upwards to jump highTry to land without much noise. Bend your knees.
Rolling	Moving by turning on the ground.	Begin with barrell rolls and side rolls to build confidence. With front rolls, tuck head in. Knees together. Move into tuck position. Lift hips high. Shoulder blades should touch the floor first.
Making Sequences	To put moves together.	-Consider how moves look together. Marks for quality and control. Think about your starting and finishing position carefully.

Sky objectives:

- 1. Can identify the ABC's to a sporting movement.
- 2. Can take turns without any problems during an activity.
- 3. Can identify some effects of exercise on the body.



Key Vocabulary

Balance - An even distribution of weight enabling someone or something to remain upright and steady

Balance Beam - the Balance Beam, or simply "Beam" is one of the four gymnastics events. A low beam or floor beam is a popular piece of home gymnastics equipment.

Apparatus - the technical equipment or machinery needed for a particular activity or purpose.

Sequence – a particular order in which related things follow each other.

Skill - a gymnastics skill is a single move.

Mount - a mount is the skill used to get on the apparatus. Mounts are needed for Balance Beam and Uneven Bars.