

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:

Make body curled, tense, stretched and relaxed	Control body when travelling and balancing. Roll, curl, travel and balance in different ways	Copy sequences and repeat them
<p>Know what the word 'tense' means in relation to your muscles/body.</p> <p>Know that relaxing means your muscles are no longer tense.</p> <p>Know that curling makes your body smaller and stretching makes it bigger.</p> <p>Know what balancing means.</p> <p>Know how to travel in different ways.</p>	<p>Know what travel, balance, curl, roll, climb and stretch mean in relation to gymnastics.</p> <p>Know how to control your body when travelling.</p> <p>Understand that different ways can change the sequence.</p> <p>Understand that your muscles work differently depending on the movements you are making.</p> <p>Know different ways of rolling - pencil, forwards, backwards, teddy bear.</p>	<p>Understand what a sequence is in relation to gymnastics.</p> <p>Know how to copy a sequence using gymnastics skills, using concentration.</p> <p>Recognise what the word repeat means in relation to gymnastics.</p> <p>Know that safety is important when completing sequences - be aware of space.</p>

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 side. -Bend your knees & spring upwards to jump high. -Try 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.