EYFS - PE

Gymnastics - Knowledge Mat

Subject Specific Vocabulary	
Slither	To move smoothly over a surface with a twisting motion like a snake.
Shuffle	To move along a surface without lifting feet/bottom fully from the ground.
Pencil roll	A sideways roll, lying down on the back/front with the body outstretched doing a full rotation.
Crawl	To move forward on the hands and knees.
Apparatus	Pieces of equipment used in gymnastics to move along, under, over and through.
Balance	To control a body position and keep it very still for a set number of seconds.

At the end of this topic I will be able to:

Show balance, agility and coordination

Crucial Connections

https://www.youtube.com/watch?v=sjbm4MIOFXc

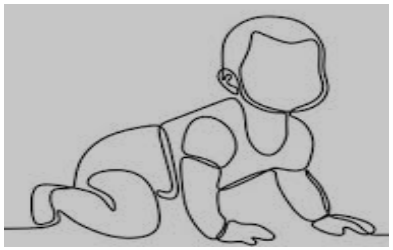
Sticky Knowledge

I can move in the following ways: - slither, shuffle, pencil roll, crawl, walk, run, jump with both feet together, hop.

I can stand for 3 seconds on either foot.

I can move in different ways on some apparatus

Crawl





Shuffle

Aspirations

Gymnast

Olympian

Related Examples

Jumping



Hopping



Pencil Roll



Balance

