KS1 - PE

Gymnastics - Knowledge Mat

Subject Specific Vocabulary	
Sequence	Two or more skills, performed/linked together one after the other
Curled	To sit or lie with the knees drawn up showing a curve in the back
Tense	To make muscles in the body stretched tight using a squeezing motion
Stretched	To straighten/extend a body part to its full length
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:

Developing balance, agility and coordination, and begin to apply these in a range of activities.

Crucial Connections

https://www.youtube.com/watch?v=a4jEPhCe1sw
https://www.youtube.com/watch?v=gsHS-fRHPBw

Sticky Knowledge

I can make my body curled, tense, stretched and relaxed

I can control my body when travelling.

I can control my body when balancing and hold it for 3 seconds.

I can copy/plan sequences of 4 movements and repeat them.

I can roll, curl, travel and balance in different ways

I can jump on and over an object.

I can attempt a sequence of 2-4 movements on apparatus.

Jumping on/over apparatus



Aspirations

Gymnast

Olympian

Related Examples

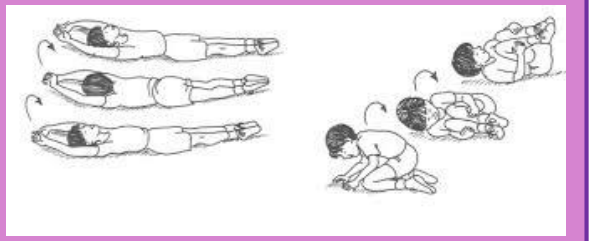
Curled position



Stretched position



Pencil roll/egg roll for sequences



Stretched shaped balances

