# 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

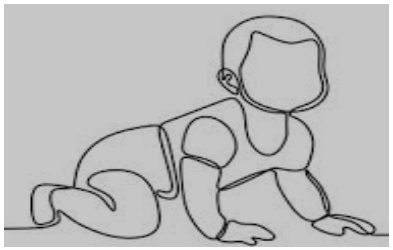
## Sticky Knowledge

**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**

