EYFS - PE

Gymnastics - Knowledge Mat

Subject Specific Vocabulary

Travel	To move from one place to another in different ways.
Egg roll	A sideways roll in a tucked shape starting on knees, doing a full rotation to starting position.
Pencil roll	A sideways roll, lying down on the back/front with the body outstretched doing a full rotation.
Skip	A light step from one foot to the other with a hop or bounce.
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=ABu2XcNzTws

https://www.youtube.com/watch?v=w3EwALrJ5Aw

Sticky Knowledge

I can jump off an object and land on two feet.

I can travel under, over and through balancing and climbing equipment.

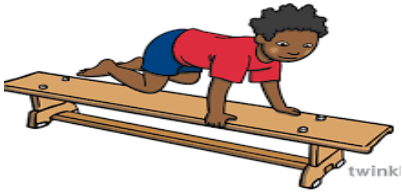
I can move in the following ways: - skip, egg roll, legs and arms straight in a pencil roll.

I can stand for 5 seconds on either foot.

Balancing



Travel on apparatus



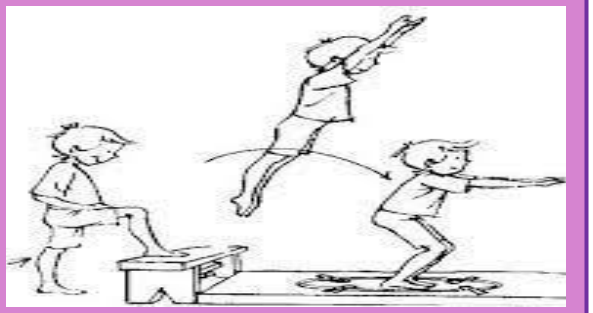
Aspirations

Gymnast

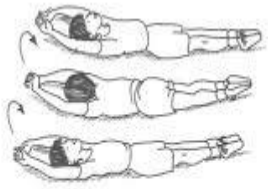
Olympian

Related Examples

Jumping and landing



Pencil roll



Egg roll

