

What I have already learnt in EYFS

- I know how to perform a straight jump
- I can perform a half-turn jump
- I can do a teddy bear roll
- I can tiptoe, step, jump and hop
- I can keep a standing balance still

What I will have learnt by the end of this unit (Y1)

- I will have learnt how to perform a front support wheelbarrow with a partner
- I can now hopscotch, skip and gallop
- I will have learnt how to perform using a range of actions with some coordination
- I will begin to perform learnt skills with some control
- I can use a pike, tuck and star in movements correctly

What I will have learnt by the end of my Key Stage

- I will be able to perform sequences of my own, with coordination.
- Perform learnt skills with increasing control.
- I will be able to perform a rocking and a crouched forward roll.
- I will be able to perform a front support wheelbarrow with a partner.
- I will have learnt how to balance on apparatus

Key Knowledge

Pike - The pike position is where your knees are together and straight and your body is bent at the waist.



pike

Tuck - It is a sitting position with both legs bent and the hips and at the knees.



tuck

Star - Both arms and legs reach out to the sides to create a star shape.



Subject Knowledge Organiser

PE- Gymnastics
Year 1

Key Vocabulary

Gymnastics

Exercises displaying or developing physical coordination.

Strength

The quality of being physically strong.

Balance

An equal amount of weight, making something remain upright and steady.

Control

To power to remain under control.

Travelling

The action of going from one place to another.

Feedback

Information about a person's task or performance, which is used as a basis for improvement.

My Skills and Knowledge that I may use from other subjects

Reading: I can use phonic knowledge to decode unfamiliar words I see during the gymnastics sessions.

Maths: I can use my knowledge of numbers shapes and direction when performing moves or working in groups.



Recall and Remember

Perform in 5 moves in a sequence:

Pike
Star
Tuck
Jump
Half-turn Jump

Wider opportunities Diversity and Cultural Capital

- Get involved in local Gymnastic groups around the area.
- Represent the school in Gymnastics with other primary schools in the local area when events become available.

Further reading

- *Nadia: The girl who couldn't keep still* written by Karlin Gary

Key Skills I will learn/use

Giving feedback - I will be able to comment on my own and others' work as a way of helping improvement.

Name - I can name the moves we have learnt in Gymnastics this term.

Key PE Concepts

Developing Balance

Basic Movement

Coordination

