

**Caroline Haslett Primary School - PE**

Topic: Gymnastics	Year 1	Gymnastics
<p><b>Knowledge</b></p> <ul style="list-style-type: none"> <li>• Knows how to perform simple movement phrases in response to simple tasks</li> <li>• Knows how to manage space safely, showing good awareness of each other, mats and apparatus</li> <li>• Can explain how to execute some rolls and jumps</li> </ul>	<p><b>Vocabulary</b></p> <p>Use a range of words and phrases to describe:</p> <ul style="list-style-type: none"> <li>• <b>Travelling</b> <ul style="list-style-type: none"> <li>○ jump, land, rock, roll, bounce, hop, skip, step, spring, crawl, slide, along, around, across, on, off, over, under, through</li> </ul> </li> <li>• <b>Speed</b> <ul style="list-style-type: none"> <li>○ stop, still, slowly, fast</li> </ul> </li> <li>• <b>Shape</b> <ul style="list-style-type: none"> <li>○ tall, long, wide, narrow, curled</li> </ul> </li> <li>• <b>Direction</b> <ul style="list-style-type: none"> <li>○ up, down, forwards</li> </ul> </li> <li>• <b>Level</b> <ul style="list-style-type: none"> <li>○ high, low</li> </ul> </li> <li>• <b>Pathway</b> <ul style="list-style-type: none"> <li>○ zigzag, straight</li> </ul> </li> <li>• <b>Body parts and surfaces</b> <ul style="list-style-type: none"> <li>○ feet, hands, toes, heels, knees, head, elbows, bottom, back, tummies</li> </ul> </li> <li>• <b>Travelling movements</b> <ul style="list-style-type: none"> <li>○ along, around, across, on, off, over, under, through</li> </ul> </li> </ul>	
<p><b>Activities</b></p>		
<ul style="list-style-type: none"> <li>• Lift and carry apparatus in a group</li> <li>• Jump from two feet to two feet into a wide, thin or curled shape</li> <li>• Change speed and level</li> <li>• Roll in a curled or long, thin shape</li> <li>• Perform a movement phrase</li> </ul>		
<p><b>Skills</b></p> <ul style="list-style-type: none"> <li>• Perform basic gymnastic actions: travelling, rolling, jumping and balancing</li> <li>• Link at least 2 simple actions</li> <li>• Repeat basic gymnastic actions</li> <li>• Perform movement phrases with some control and accuracy</li> </ul> 		