KS1 PE: Gymnastics

Prior Learning

Children have…

- Developed their overall strength, balance, coordination and agility.
- Combined different movements and can perform these with ease, fluency and control.
- Revised and refined their already acquired fundamental skills; rolling, crawling, walking, jumping, running, hopping, skipping, climbing.



Vocabulary

- Sequence, pathways (zig-zag, straight, curved, L shape), shape, balance, perform, travel, levels, high, low, straight, star, pike, tuck, straddle, log roll, tuck roll, teddy roll, style, space, floor, apparatus, jump, star jump, tuck jump, straight jump, arabesque, front support, back support, arch, dish, safety

Sticky Knowledge

Shapes



Straddle



Tuck



Pike

Balances



Arabesque

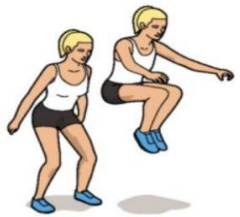


Arch



Dish

Jumps



Tuck Jump



Star Jump



Straight Jump