

Year 1  
Autumn 2

Manor Leas Infant School Knowledge Organiser

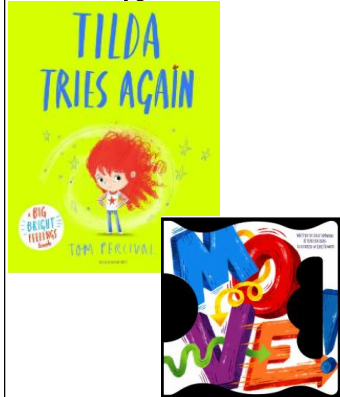
Physical Education

Gymnastics



Star Words	Definition
Balance	Keeping your body still and steady so you don't wobble or fall.
Roll	Moving smoothly across the floor by turning your body over.
Travel	Moving from one place to another in different ways.
Sequence	A series of actions that flow one after another.
Link	Joining two or more actions together.

Helpful Books



Home Learning Ideas

**Crabs and Scorpions**

**What you need:** two markers, one player, one person to time

**How to play:**

- Mark a 6m distance using two markers.
- Place 10 x socks at the start marker.
- Transport the socks one at a time from one marker to the other.
- How many socks can you move in 2 minutes?

**Rules:**

- Socks must be carried on stomach on the way there (crab)
- Players must travel back on their hands and feet stomach facing down (scorpion).

www.getset4education.co.uk

Helpful Websites

Head to the youtube channel to watch the skills videos for this unit.

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Sticky Knowledge

In gymnastics you learn to move your body in really fun ways. There are also lots of shapes that you can make with your body. In gymnastics, these shapes have special names.



I can create and improve shapes extending parts of my body. Stretch fingers and toes to make shapes clear.



I can use a starting and finished position. Begin and end with a strong, still shape.

I can hold a balance for 5 seconds. Keep your body still, squeeze your muscles tight.



I can land on the balls of my feet to stay in control. Swing your arms up to help you take off.

I can use different shapes to roll. Tuck your head in and look at your tummy.



I can travel and link actions together. Link two or three actions together.