




EYFS  
Autumn 2

Manor Leas Infant School Knowledge Organiser  
Physical Education  
Gymnastics


Star Words	Definition
Shape	How you make your body look for example, wide, thin, tucked or stretched.
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.
Land	How you finish a jump safely by bending your knees and staying steady.
Travel	Moving from one place to another in different ways.

### Sticky Knowledge


You will develop basic gymnastic skills through exploring creating shapes and balances, jumps and rolls. You will begin to develop an awareness of space and how to use it safely. You will perform basic skills on both floor and apparatus. You will copy, create, remember and repeat short sequences. You will begin to understand using levels and directions when travelling and balancing.




**I can make different body shapes such as tall, wide and small.**  
Stretch your body tall or curl up small. Hold your shape and count to five.




**I can roll safely on the floor**  
Keep your body tight.




**I can balance and hold my balance still.**  
Keep your body still and tummy tight. Look straight ahead to help balance.



**I can travel in different ways.**  
Move around, over and through safely.



**I can jump and land safely on my feet.**  
Bend your knees to take off and land safely. Land on two feet.



**I can copy and repeat simple actions.**  
Try to remember the order of your movements.

### Helpful Books



### Home Learning Ideas

#### Book Balance

**What you need:** your favourite story

**How to play:**

- Using your favourite story, pick out three characters and create a balance that represents each one e.g.




- Read through your story or ask someone else to!
- Each time the character is mentioned, hold the balance you have created for five seconds.
- Make this harder by holding your balance until the next character is mentioned!

[www.getset4education.co.uk](http://www.getset4education.co.uk)

### Helpful Websites

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

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