

Year 1
Spring 1

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.

Sticky Knowledge

In this unit, you will improve your gymnastic skills by practising shapes, balances, jumps and rolls. You will focus on performing movements with more control and accuracy. You will learn to link actions together to create short sequences, using clear starting and finishing positions. You will develop confidence when travelling on the floor and on apparatus, and begin to improve the quality of your movements by holding balances for longer and moving smoothly between actions.



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



I can hold a balance for 5 seconds without wobbling. Keep your body still and squeeze your muscles tight.



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



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

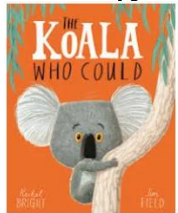


I can land on the balls of my feet to stay in control. Swing your arms up to help you take off.



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

Helpful Books



Home Learning Ideas

Statuses

What you need: some music

How to play:

- Play some of your favourite music.
- While the music plays, try to move around the space in different ways whilst staying in control.
- When the music stops, hold a balance with control e.g.



- Can you hold your statue without wobbling until the music starts again?

Helpful Websites

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

@getset4education136