

EYFS  
Spring 1

Manor Leas Infant School Knowledge Organiser

Physical Education

Gymnastics



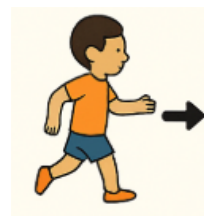
Star Words	Definition
Space	The area around you where you can move safely.
Over	Moving on top of something, such as climbing or stepping over equipment.
Under	Moving below something, such as crawling underneath equipment.
Through	Moving from one side to the other by going in and out of a space.
Still	Not moving your body

### Sticky Knowledge

In this unit, you will develop basic gymnastic skills by exploring shapes, balances, jumps and rolls. You will learn how to move safely in space and perform skills on both the floor and apparatus. You will copy, create and remember short sequences, linking actions together and beginning to use different levels and directions when travelling and balancing.



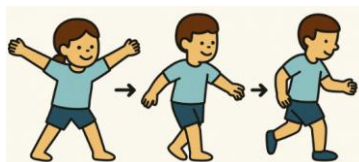
I can make different body shapes such as tall, wide and small.  
Stretch your body tall or curl up small. Hold your shape and count to five.



I can travel in different ways using the space safely.  
Keep your body controlled. Look where you are going.



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



I can copy and remember short movement sequences.  
Choose 3 actions, try to remember the order. Start and finish in a still shape.

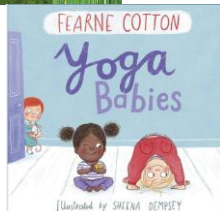
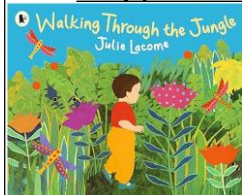


I can jump and land safely on my feet.  
Bend your knees to take off and land safely. Land on two feet.



I can move over, under or through equipment safely.  
Move slowly and carefully, look where you are going.

### Helpful Books



### Home Learning Ideas

**Statues**

What you need: space to move

How to play:

- Using the music, jump, travel and balance in different ways.

When the music stops, freeze like a statue and make a shape.

Ask an adult or a friend to give you number like 3 or 5.

Try to stay still for that many seconds.

www.getset4education.co.uk

### Helpful Websites

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

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