

Gymnastics Year 1 Autumn Term

Gymnastics in Year 1 will focus on creating routines both individually and in groups. Routines will consist of 3 elements; a jump, a body shape and a balance. Routines may be put with music. Group performances may be shown in class and feedback of what was good and what could be improved will be encouraged.

JUMP UP



In this unit children will:

- Be able to work individually and as a team.
- Hold a balance for 3 seconds with a range of different points on the floor.
- Make a selection of shapes with their bodies such as tuck, straddle, pike, star, dish and arch.
- Perform different types of jump and roll including pencil jump and tuck jump, teddy bear and egg roll
- Be able to use different apparatus to perform a sequence.
- Create a sequence using a combination of elements.

Equipment

- Mats • benches • boxes • climbing frame

Key Vocabulary

- Balance - An even distribution of weight enabling someone or something to remain upright and steady
- Balance Beam - the Balance Beam, or simply "Beam" is one of the four gymnastics events. A low beam can be used to walk along.
- Apparatus - the technical equipment needed for a particular activity.
- Sequence – a particular order in which related things follow each other.
- Skill - a gymnastics skill is a single move.

Prior Learning KS1 Gymnastics Cross Curricular Links Gymnastics can be linked to maths for counting and sequencing, as well as direction. It can be linked to topic through a piece of music.

A performance will consist of 3 elements; a jump, a balance and a roll in an order stated by the teacher.

- A balance must be held for 3 seconds.
- Different balances will be explored.
- A group of performers will make their own routine with a jump, balance and roll and may be guided by the teacher.
- Performances will on occasion be displayed to the class when working as a group. It may be that a number of groups perform at the same time.