



P.E.	Gymnastics	Year 1	Term: 1
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Y1 Skills:

Rolling: egg roll, pencil roll, teddy bear roll

Jumping: straight jump, tuck jump, jumping jack, half turn jump, cat spring

Balancing - standing or kneeling

Shapes: pike, tuck, star, straight, straddle

Travelling & Linking: tiptoe, step, jump, hop, hopscotch, skipping, galloping



- create and perform a movement sequence
- copy actions and movement sequences with a beginning, middle and end
- link two actions to make a sequence
- recognise and copy contrasting actions (small/tall, narrow/wide)
- travel in different ways, changing direction and speed. Hold still shapes and simple balances
- carry out simple stretches
- carry out a range of simple jumps, landing safely
- move around, under, over, and through different objects and equipment
- begin to move with control and care

Equipment:

apparatus mat ribbon vault

Key Vocabulary:

sequence routine control turn direction level action pathway rolling jumping travelling balancing shape linking

Famous Gymnasts:

Matt Whitlock

Simone Biles