



Physical Education GYMNASTICS

Y1

Unit Focus:

Use simple gymnastics actions and shapes. Apply basic strength to gymnastic actions. Begin to carry basic apparatus. Recognise like actions and link them.

Prior Learning:

- Experienced jumping (taking off and landing).
- Developed some concept of space and use of space.
- Developed confidence in fundamental movements.

Concepts:

- Magic chair = safely landing a jump from increasing height by bending knees to absorb impact and extending arms for balance.
- Landing in what resembles a seated position.



Use words such as rolling, travelling, balancing, climbing.



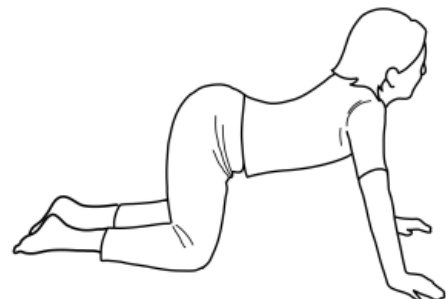
Recognise like actions and link them together.



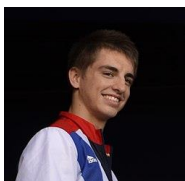
Value other's efforts when they perform; watch and listen.

Key Vocabulary/Skills:

Refine shapes and jumps to improve coordination.	Balance, body tension, tensed, relaxed, stretched, curled, carry, control, extension, fast, hang, high, jump, like, link, low, safety.
Carrying equipment safely.	
Magic Chair.	
Body Tension.	
Linking movements.	



Inspiring Individuals



Max Antony Whitlock OBE
(1993 - present)



Ellie Robinson
(2001 – present)

Equipment

Mats, hoops, cones, wall bars, bean bags, low apparatus, ropes.

Key Questions

1. How many different travel actions can you think of?
2. How can you show good body tension?
3. How do we land safely?