



## Year 1 Gymnastics

### Key Vocabulary

|                 |                                                                                                                                                                                |
|-----------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Balance         | the ability to keep your body steady and upright                                                                                                                               |
| Bounce          | Small jumps, feet barely leaving the ground, from two feet to two feet.                                                                                                        |
| Curled sideways | Curl up like an egg with the chin tucked in. Roll sideways keeping knees tucked in.                                                                                            |
| skip            | Hop on the ball of one foot with a bent knee, step forward with the other foot and then hop with that same foot. Next step forward with the other foot. Keeping a fast rhythm. |
| Straight jump   | Jump from two feet to two feet.                                                                                                                                                |
| Twist           | a movement in which part of the body, or the whole body, turns round                                                                                                           |

### Unit focus:

- Identify and use simple gymnastics actions and shapes.
- Apply basic strength to a range of gymnastics actions.
- Begin to carry basic apparatus such as mats and benches.
- To recognise like actions and link



## 6 hours

### **Lesson 1**

Be able to choose and link like actions.  
Understand and use the term 'like actions'.  
Choose 3 rolls or 3 jumps and link them together and repeat the movements.

### **Lesson 2**

Able to move mats and benches safely.  
Transfer like sequence to low apparatus.

### **Lesson 3**

Identify shapes that are thick, wide, curled, straight, piked and tucked.  
Copy and change shapes.  
Demonstrate four different shapes.

### **Lesson 4**

Take off and land with (some) control.  
Jump for height and distance.  
Link jumps and shapes into a simple sequence.

### **Lesson 5**

Discover ways of travelling using a variety of body parts.  
Link ways of travelling together.  
Refine movements using body tension.

### **Lesson 6**

Choose three ways of travelling to make a short movement pattern.  
Choose a shape to start and finish.  
Remember and perform movement pattern.

### **Links**

**Literacy:** Able to identify and describe 'like actions' using appropriate language.

**Numeracy:** Select at which point their action pattern should be repeated by counting the elements.