

# Year 1 Gymnastics

This term we will continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. We will communicate, collaborate and learn how to improve our skills through gymnastics. In addition, we evaluate and recognise our own successes.

## Gymnastics:

We will learn to develop flexibility, strength, technique, control and balance. In addition, we will compare our performances with previous ones and demonstrate improvement to achieve our personal best.

Key Vocabulary			
core	strength	balance	sequence
back support	warm-up	wide	balance
roll	bend	narrow	cool-down
posture	stretch	muscles	leaps
tuck	straight	jumps	dish
control	bent	splits	



Questions to develop learning	5-star self-rating
Can I complete a teddy bear roll?	★ ★ ★ ★ ★
Can I complete a pencil roll?	★ ★ ★ ★ ★
Am I able to do an egg roll?	★ ★ ★ ★ ★
Can I complete a sideways roll?	★ ★ ★ ★ ★
Am I able to do a tuck roll?	★ ★ ★ ★ ★