Year 1 Gymnastics - Shape and Travel

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 ours 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	curl
jump	warm-up	shape
feet to feet	cool-down	sequence
speed	balance	movement
fast	wide	high and low
slow	thin	instructions

Questions to develop learning	5-star self-rating
Can I jump from two feet to two feet?	☆ ☆ ☆ ☆ ☆
Can I travel at different speeds?	☆ ☆ ☆ ☆ ☆
Am I able to move and travel in different directions?	☆ ☆ ☆ ☆ ☆
Can I change into different shapes?	☆ ☆ ☆ ☆ ☆
Can I listen and follow different instructions?	☆ ☆ ☆ ☆ ☆