PE Year R/1

Topic- Gymnastics 1

What is this topic about?

Throughout this gymnastic unit, children will focus on increasing their range of basic gymnastic skills. Children will create simple sequences of 'unlike' actions on the floor (eg. a jump, roll and a shape) and then transfer what they learn on the floor to the apparatus. Children will use skills individually, in combination and in sequence, with the aim of showing as much control and precision as possible.



I will show my PE skills by…

Travelling
Balancing
Rolling
Jumping

At the end of the Topic I will…

Know how to travel on hands and feet.
Know how to perform a pencil roll.
Know how to balance on one large body part.
Know how to jump 2 feet to 2 feet.
Know how to travel safely around a space and on benches.
Know that passion is needed in gymnastics.



KEY VOCABULARY

Passion, safety, balance, jump, roll, travel, mats, apparatus, hands, feet, pencil roll, jump, land.