PE Year 1/2

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
Creating sequences

At the end of the Topic I will…

Know how to perform balances on my tummy, back, bottom and shoulder.
Know how to travel by jogging, skipping, galloping and hopping.
Know how to perform the egg, dish and pencil roll.
Remember a short sequence of movements that include a travel, balance, jump and roll.
Know that passion is needed in gymnastics.



KEY VOCABULARY

Passion, safety, balance, jump, roll, sequence, travel, mats, apparatus, floor, jog, skip, gallop, hop, pencil roll, egg roll, dish roll.