



PE Knowledge Organiser



Year 1: Spring Term

Gymnastics

Key Knowledge and Skills:

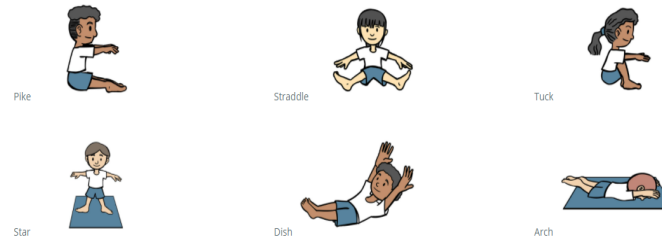
Travel: Use different body parts to travel on. Use high and low levels.



Link 3 travelling actions to create a sequence.

Create shapes and hold a balance:

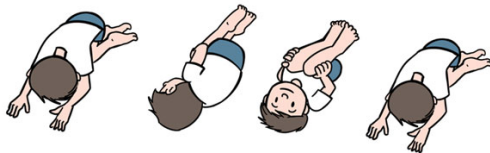
- Squeeze your muscles to make them feel hard and tense when in a shape.
- Hold your shape/balance for 5 seconds.
- Be as still as a statue.



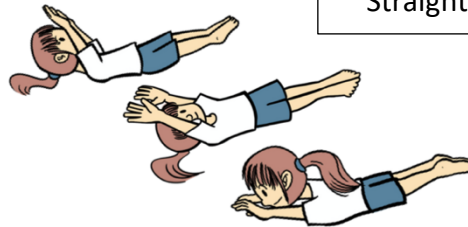
Show control when doing a shape jump: Bend your knees. Look straight ahead.



Performing rolls:



Barrel roll



Straight roll

Key Vocabulary:

Vocabulary:	Definition:
Balance	Hold a position and count to 5.
Coordination	Get your arms and legs to work together.
Agility	Moving quickly and easily.
Travel	Move around a space.
Sequence	A pattern on movements put together.
Apparatus	The equipment used in gymnastics e.g. mats, benches



Forwards roll

Creating a sequence:

- Use a starting and finishing position
- Use rolls, jumps, balances and travelling movements
- Hold balances/shapes for 5 seconds
- Use the apparatus creatively