

## Bomere and the XI Towns Federation Knowledge Organiser—PE

Topic: Gymnastics	Class/Year Groups: Pimhill Reception / Year 1	Term:
What you already know?	What you will learn:  Key questions: What sorts of things do you do in gymnastics? What is a sequence? How many different ways of travelling around the room can you think of? What are the three levels? Can you make your body long & thin or small and curled when jumping and travelling? Why do we need to be careful & safe when using apparatus? What does along mean? How many different ways can you jump along the benches? What ways can you travel without running or walking	Vocabulary  <b>Jump</b> – use muscles in legs to quickly push feet off a surface to lift body in air. <b>Land</b> – come back to a surface onto feet after a jump, bending knees to absorb impact and stretching out arms to sides to ensure balance is maintained. <b>Travel</b> – moving from one place to the other in different ways and directions. <b>Sequence</b> – gymnastics actions such as jumps, balances and travel actions performed one after the other, linked together smoothly on floor & using apparatus. <b>Curled up</b> – make the body into small shapes with legs tucked in when balancing and travelling. <b>Stretched</b> – make the body into long, thin & wide shapes when balancing and travelling. <b>Exercise</b> – activity using the body that maintains or improves fitness. <b>Levels</b> – Shapes, linking moves and travel actions can be performed with the body on low, medium and high levels. <b>Healthy</b> – when the body or mind are in good condition and complete well-being <b>Warm-up</b> – prepare the body for exercise with gentle actions and stretching. <b>Improve</b> – Try to make execution of skills or the performance of a sequence better



National Curriculum Objectives:

master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities

perform dances using simple movement patterns

