

Key Skills: Physical

- Shapes
- Balances
- Jumps
- Rocking
- Rolling



Key Skills: S.E.T

- Social: Taking turns
- Social: Co-operation
- Social: Communication
- Emotional: Confidence
- Emotional: Determination
- Thinking: Selecting and applying skills
- Thinking: Creating sequences

Teacher Glossary

- Safe space:** Space away from other people and objects.
- Travelling action:** Slide, hop, jump, side step, skip, gallop etc.
- Shapes:** E.g. tuck, pike, straddle, dish, arch, star.
- Action:** The skill a gymnast uses in their sequence e.g. travel, jump, shape, balance, roll.
- Level:** High, medium and low.
- Sequence:** A number of actions linked together.

Where this unit sits Assessment Criteria

EYFS Early Learning Goals

- Physical: I can handle equipment effectively.
- Physical: I can move confidently in a range of ways.
- Physical: I can safely negotiate space.
- Physical: I can show good control and co-ordination in small and large movements.
- Physical: I can talk about ways to keep healthy and safe.
- Physical: I know the importance for good health and physical exercise.
- Social: I am sensitive to others' feelings.
- Social: I play co-operatively, taking turns.
- Emotional: I am confident to try new activities.
- Emotional: I ask for help if needed.
- Thinking: I can talk about my own ideas and use them in response to a task.
- Thinking: I understand and follow rules.

Year 1 Gymnastics

- I am confident to perform in front of others.
- I can link simple actions together to create a sequence.
- I can make my body tense, relaxed, stretched and curled.
- I can recognise changes in my body when I do exercise.
- I can remember and repeat actions and shapes.
- I can say what I liked about someone else's performance.
- I can use apparatus safely and wait for my turn.

Key Vocabulary:

Encourage pupils to use this language in your lessons.

- EYFS**
- Copy
 - Travel
 - Space
 - Shape
 - Rock
 - Over
 - Backwards
 - Sideways
 - Forwards

Activities that this unit progresses into:

**Gymnastics: Unit 2
Gymnastics**



Key Skills: Physical

- Shapes
- Balances
- Jumps
- Rock and roll
- Barrel roll
- Straight roll
- Progressions of a forward roll
- Travelling



Key Skills: S.E.T

- Social: Leadership
- Social: Taking turns
- Social: Helping others
- Emotional: Determination
- Thinking: Selecting and applying skills
- Thinking: Creating sequences

Where this unit sits

Assessment Criteria

EYFS Early Learning Goals

- Physical: I can handle equipment effectively.
- Physical: I can move confidently in a range of ways.
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Year 1 Gymnastics

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Shapes: E.g. tuck, pike, straddle, dish, arch, star.

Action: The skill a gymnast uses in their sequence e.g. travel, jump, shape, balance, roll.

Level: High, medium and low.

Sequence: A number of actions linked together.

Key Vocabulary:

Encourage pupils to use this language in your lessons.

EYFS • Copy • Travel • Space • Shape • Rock
• Over • Around • Through • Roll

Activities that this unit progresses into:
Gymnastics

