

## Year 1 Gymnastics Unit 2

### 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.

### Key Learning

- Explore and use space effectively using agility, balance and coordination skills
- Balance using different parts of the body, exploring points and patches (beginning to on apparatus)
- To take weight on hands and feet
- Learn, copy and name basic and advanced low-level shapes
- Link shapes and rolls to form a short sequence
- Explore different styles of travelling: under, over and through. Beginning to travel on apparatus
- Jump and land safely, whilst exploring different jumping techniques
- Copy, mirror and create a small routine and matching actions

### Safety

- Cones
- Safety mats
- 2-4 bibs for tag game

### Key Questions

Which vocabulary words would you use to describe your/ partners performance?

How did you travel to the next shape?

What did you do well?

How could you improve further for next time?

### Key Vocabulary

- Arch:** A position, in which the back is curved backwards, the chest is open and the body makes a curved shape.
- Core:** Your midsection and it involves all your muscles in that area including the front, back and sides.
- Dish:** Long sit, bringing arms past the ears, lie back to form the 'dish shape'.
- Entrance & exit:** To start a performance, an entrance is how you mark the beginning and the exit is how to end your routine, e.g. 3 second balance.
- Feet:** Using the end of your legs to balance, move, support and help define your movements.
- Hands:** Using the ends of your arms to balance, to help define a movement, to support.
- Jump:** Leaping into the air, either from the floor or from an object onto the floor.
- Land:** The end of a jump, returning to the floor.
- Low level shapes:** Creating body shapes low to the ground, e.g. crab shape, bunny hop.
- Momentum:** The energy created when an object is moving, e.g. they gained momentum rolling down the slope.
- Over:** Being above something, e.g. travelling over a bench.
- Pike:** A position with the body bent forward at the waist with the legs kept straight.
- Routine:** A series of movements and balances which are performed to others.
- Stomach:** Your torso. Will this be flat or curved during your movement? Can you balance on it?
- Straddle:** A body position where the body faces forward and the legs are spread far apart to the side.
- Techniques:** A skillful or efficient way of doing or achieving something.
- Through:** Travelling within something, e.g. rolling through a tunnel.
- Transfer:** Moving weight from one part of your body to the other, e.g. from one foot to the other.
- Travel:** A method of getting from one place to another, e.g. walking, jumping, rolling.
- Tuck:** A position where the knees and hips are bent and drawn into the chest with the hands holding the knees.
- Tuck:** Making yourself small, into a ball shape and hugging your knees to your chest.
- Under:** Beneath something, e.g. lying beneath a bench.
- Weight:** Understanding parts of your body which are heavier/lighter to help shift into a balance.

### Safety

- Remove all jewellery including earrings
- Long hair must be tied back
- (safety) Mats used one between two or one per pupil
- Use correct techniques
- Complete a warm-up and cool-down