







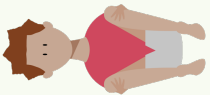
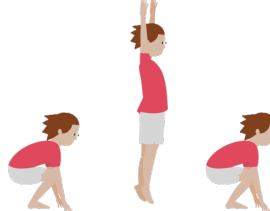
Big Questions

- What are like actions?
- Why is it essential to have good body tension in shapes, rolls and jumps?
- What do you need to do to carry mats and low apparatus safely?
- Can you name a shape performed on a large and small body part?
- What is a hurdle step?
- What do we mean by levels in gymnastics?

Sticky Knowledge

- Know some of the fundamental gymnastic shapes.
- Know the risks of working on low apparatus.
- Know the difference between large and small body parts.
- Know how to take off, jump and land with a run-up.
- Know a variety of ways to travel on their feet.
- Know actions that can be performed at different levels.
- Know how to create a short gymnastics sequence.

What	Why	How
<p>Like actions – ‘like’ actions are the same type of action e.g. jumps or shapes.</p> 	<p>Linking ‘like’ actions is one of the easiest ways for children to build simple sequences, It helps them build mental links between action categories.</p>	<p>Choose an action such as jumps and link 2 or jumps to create a ‘like’ action sequence. E.g. Straight jump, broad jump, star jump.</p>
<p>Moving apparatus – Lifting, carrying and placing apparatus.</p> 	<p>It is an important part of children’s PE education to learn to safely lift, carry and place apparatus.</p>	<p>There are specific ways to lift and carry each piece of equipment contained in the lessons – please also refer to AfPE’s Safe Practice in PE book.</p>
<p>Large and small body parts – All shapes and balances are performed on either large or small body parts.</p> 	<p>A shape is either performed on a large or small body part (point or patch). There are 10 key shapes in gymnastics which is either a small or large contact point (point or patch).</p>	<p>Most shapes can be adapted to be performed in a different way taking it from a small to a large body part e.g. a stretch shape from standing to laying on the tummy.</p>

What	Why	How
<p>Muscle tension – to keep the body and limbs under control.</p> 	<p>Being able to hold the body and therefore control an action more easily, whether that be static or in motion.</p>	<p>Ask children to stand like a rag doll, with floppy limbs and body. Then ask the children to stand as tin soldiers, upright and straight with their arms by their sides; how does their body feel when they are a rag doll compared to a tin soldier?</p>
<p>Hurdle step – footwork for taking off for jumping.</p>	 <p>Step Jump Land</p>	<p>The hurdle step is used to jump onto apparatus and also to jump for distance. Mastering the hurdle step helps progress for vaulting.</p> <ul style="list-style-type: none"> • Step and jump to two feet. • Step and jump, and now swing your arms back and land on two feet. • Step and jump, and now swing arms back and up into a stretch jump and land on two feet.
<p>Travelling on feet – moving from A to B on the feet.</p>		<p>Travelling on feet is the primary travel action in gymnastics. From travelling on feet, you can jump, roll, climb and balance.</p> <p>There are many ways to travel on your feet and in primary gymnastics, we explore lots of ways, including. Walking, walking on tip-toes, running, jumping, hopping, side-step, galloping, and moving on hands and feet (all fours).</p>
<p>Rolls – Egg and log rolls.</p>		<p>These rolls are simple rolls for children to begin to master, they are safe and reasonably easy for all children to perform.</p> <p>Log rolls are performed with the body in a straight shape and transitioning from tummy to back. Egg rolls are performed in a tuck shape by transitioning from weight on legs to back.</p>
<p>Jumping – Flight through the air.</p>		<p>In gymnastics, flight is one of the 5 actions, we introduce flight through jumping. Flight is when no part of the body is in contact with anything else.</p> <p>Jumping can be 1 foot to 2 feet, 2 feet to 2 feet, on to apparatus, off apparatus and so on.</p>

Year 1 Gymnastics Unit 1 - Crossover skills and knowledge

Gymnastics is a discipline that uses strength, balance, flexibility, agility, coordination and endurance. Gymnastics comprises 5 main action categories, including 1) flight 2) balance 3) travel 4) hanging/swinging and 5) taking weight on hands.

Other activities that use some of the same knowledge and skills include:

- Dance
- Fitness
- Yoga/pilates
- Parkour

Head

Use words such as rolling, travelling, shape, jump, and take-off

Can identify risks of working on and around apparatus

Gymnastics (all units)

Gymnastics (all units)

Hand

Safely move and carry basic gym equipment such as mats and benches

Recognise 'like' actions and link them together

Perform simple gymnastic actions and shapes

Make their body tense, relaxed, stretched and curled

Gymnastics (all units)

Gymnastics and dance (KS1 units)

Gymnastics (KS1 units)

Gymnastics (all units)

Heart

Create a basic sequence travelling on feet, jumping, rolling and showing shape

Value other's efforts when they perform; watch and listen

Gymnastics (KS1 units)

Gymnastics and dance (KS1 units)