



# Physical Education

## Gymnastics Year 1

### Unit Purpose

The unit of work will **develop** pupils' ability to apply 'champion gymnastics' as they explore movements and balances on **big** and **small** body parts in **wide**, **narrow** and **curled** ways on the floor and on apparatus. Pupils will **transition** between the theme words as they link movements together developing simple sequences.

### Inspire Me

**Did you know...** Gymnastics is a sport which involves doing lots of different exercises. Gymnasts need to be strong and flexible and be able to balance with control.



### Key Success Criteria

- P** Pupils will be able to move and balance using big and small body parts in wide, narrow and curled ways, applying 'champion gymnastics' and start to link movements.
- C** Pupils will experiment moving in a variety of ways understanding the differences between each type of movement. Pupils will be creative as they link movements.
- S** Pupils will demonstrate life skills such as empathy and fairness as they work safely with each other. Pupils will support each other and share apparatus.
- W** Pupils will develop their self belief and courage as they travel with confidence on the floor and on apparatus, creating their own ways of moving and balancing.



### Vocabulary for Learning

**Champion Gymnastics:** 'Champion' refers to when pupils are being silent, pointing their fingers and toes and are still when they make a shape/balance.

**Wide:** This means moving or balancing in ways where the body is extended (arms and legs) horizontally away from the centre of the body. For example a star jump is a wide movement.

**Narrow:** This means moving or balancing in ways where the body stretching (arms and legs) vertically away from the centre of the body. For example, a pencil jump is a narrow way of moving.

**Curled:** This means to move or balance rolling our body up tightly. A forward roll is an example of moving in a curled way.

**Big:** This means moving or balancing in ways where the body is extended as large as possible.

**Small:** This means moving or balancing in ways where the body is made as small as possible.



### Sport Specific Vocabulary

**Interesting:** This means pupils are thinking and being creative.

**Linking:** This means successfully adding two movements together so that they flow one after the other.

