



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 in **wide**, **narrow** and **curled** ways on the floor and on apparatus. Pupils will **transition** between the theme words as they move and develop simple sequences, linking movements together.

Inspire Me

Did you know... that the Ancient Greeks used to prepare their young men ready for war by doing gymnastics!



Key Success Criteria

- P** Pupils will be able to move and balance in wide, narrow and curled ways, applying champion gymnastics criteria, on the floor and on apparatus.
- C** Pupils will experiment moving in a variety of wide, narrow and curled ways understanding the differences between each type of movement.
- S** Pupils will demonstrate life skills such as empathy and gratitude 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 stretches (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.



Sport Specific Vocabulary

Transition: The term transition means to move into and out of basic movements, actions or balances.

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.

