



Knowledge Organiser Gymnastics Year 1

Get Set 4
Education

About this Unit

In gymnastics you learn to move your body in really fun ways. There are also lots of shapes that you can make with your body. In gymnastics, these shapes have special names.



star



tuck



arch



straddle



pike



dish

Shapes:

You can improve your shapes by extending parts of your body.

Balances:

Balances should be held for 5 seconds.

Rolls:

You can use different shapes to roll.

Jumps:

Landing on the balls of your feet helps you to land with control.

Ladder Knowledge

travelling actions

- shapes
- balances
- shape jumps
- barrel roll
- straight roll
- forward roll

This unit will also help you to develop other important skills.

Social

respect, collaboration, sharing, work safely

Emotional

confidence, self regulation, perseverance

Thinking

comprehension, select and apply action, creativity

Movement Skills

Strategy

Use a starting and finishing position so that people know when your sequence has begun and when it has ended.



- Remove shoes and socks.
- Make sure the space is clear before using it.

Healthy Participation

If you enjoy this unit why not see if there is a gymnastics club in your local area.



This unit will help you to:

- balance
- move different body parts at the same time
- be more flexible
- be stronger



Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk

Home Learning



Crabs and Scorpions

What you need: two markers, one player, one person to time

How to play:

- Mark a 6m distance using two markers.
- Place 10 x socks at the start marker.
- Transport the socks one at a time from one marker to the other.
- How many socks can you move in 2 minutes?

Rules:

- Socks must be carried on stomach on the way there (crab)
- Players must travel back on their hands and feet stomach facing down (scorpion).



www.getset4education.co.uk

Head to our youtube channel to watch the skills videos for this unit.



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Key Vocabulary

action	jump	speed	squeeze	star	straight	travel
balance	level	point	practice rolls	shape	roll	

