



PE Year One/Two (Cycle B) - Gymnastics

To develop coordination and confidence in gross motor skills, and perform key skills to a partner.

Skills that we will learn (Key Skills)

To be able to perform the following skills to a partner:

- Rocking on back
- Back support
- Stretched jump landing
- Teddy bear roll

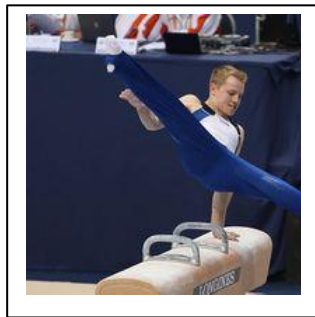
To be able to show good posture, in sitting and standing positions.

To control their body whilst moving in different ways.

What we will learn about (Knowledge)

To know that Gymnastics is a male and female sport.

To understand that Gymnasts need physical strength, control, balance and flexibility.

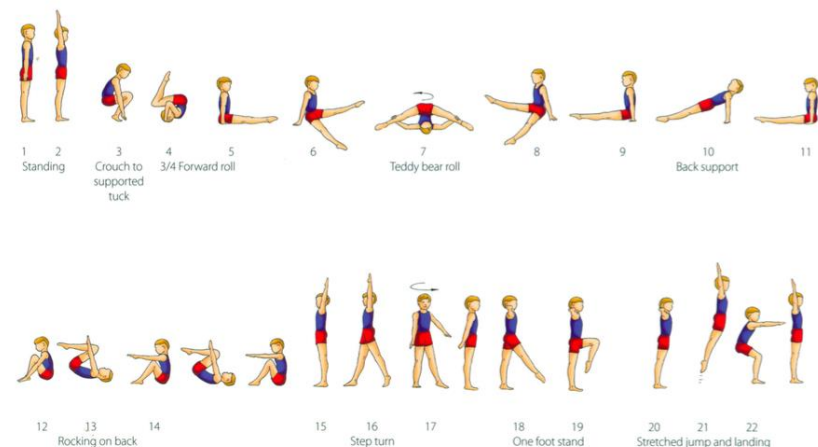


Vocabulary

Coordination	All movement requires coordination. It is the ability to use different parts of the body together, controlling direction and position.
Flexibility	The range of motion in a joint or group of joints. By exercising your body and muscles you can become more flexible.
Posture	The position in which someone holds their body when standing or sitting.
Control	To start and stop movements, change direction and hold a shape

Step 1 - Floor Exercise (Key Stage 1 - Years 1 & 2)

(Sequence performed on a strip of mats approximately 3 x 2 metres)



STEP ONE