PE Year 1: Autumn 2

Gymnastics

Key Vocabulary for Gymnastics

Straight - in one direction only; without a curve or bend.
Barrel – a sideways roll.
Tuck – a balance where you pull your bent legs up to your chest.
Pike – a balance where you sit with outstretched legs and bring your chest towards them.
Straddle – a balance on the floor with legs apart.
Sequence – the order of movements.
Roll – move by turning over.
Level – the height at which a balance is performed.
Direction – the way in which you travel.
Balance – a shape that you can hold steady.

Key Knowledge for Gymnastics

Shapes: understand that I can improve my shapes by extending parts of my body.
Balances: know that balances should be held for 5 seconds.
Rolls: know that I can use different shapes to roll.
Jumps: know that landing on the balls of my feet helps me to land with control.
Strategy: know that if I use a starting and finishing position, people will know when my sequence has begun and when it has ended.

Key Skills for Gymnastics

Shapes: explore basic shapes straight, tuck, straddle, pike.
Balances: perform balances making my body tense, stretched and curled.
Rolls: explore barrel, straight and forward roll progressions.
Jumps: explore shape jumps including jumping off low apparatus.

Pillars

Motor Competence - having a secure repertoire of fundamental movement skills and techniques that form increasingly complex movement patterns and sequences within domain-specific contexts.
Strategies and Tactics - having an increasingly complex tactical knowledge and strategies and knowing how to be successful across a range of activities and sports.
Healthy Participation - understanding and demonstrating how to safely prepare and participate in increasingly specific contexts, and the short-term and long-term impacts of sport and physical activity.

Key Questions

Gymnastics
Why do we need a start and finish position?
How do we show good quality when performing a shape?
What makes a good balance?
How do we use our knees when landing?
What muscles do we use for different shapes?
How does gymnastics keep us healthy?

Team Building
Why is it important to be honest?
What helps us to solve problems?
What makes a good listener?
What makes a helpful teammate?
How can we keep our partner safe?
What makes a good leader?
Why is helpful to make a plan?
What is it important to communicate?

Team Building

Key Vocabulary for Team Building

Teamwork – working together to complete a task or achieve a goal.
Lead – to be in charge of something.
Cooperate – to work with other people successfully.
Solve – to work something out.
Instructions – a list of things to do in order to complete a task.
Planning – thinking something through before carrying it out.

Key Knowledge for Team Building

Problem solving: know that working collaboratively with others will help to solve challenges.
Navigational skills: know that deciding which way to go before starting will help me.
Communication: know that using short instructions will help my partner e.g. start/stop.
Reflection: identify when I am successful and make basic observations about how to improve.
Rules: know that rules help us to play fairly.

Key Skills for Team Building

Problem solving: suggest ideas in response to a task.
Navigational skills: follow a path and lead others.
Communication: communicate simple instructions and
listen to others.