

## What should I already know?

- To move around with control.
- Have awareness of others and items in the teaching space.
- Take turns when instructed.
- To use equipment and apparatus safely.
- Remove shoes and socks when taking part in gymnastic lessons.

## Key Vocabulary and definitions

Balance	The ability to maintain a controlled body position during a task
Bend	A movement (as in gymnastics) in which from a standing position with the knees straight the body is arched backward until the hands touch the floor over the head.
Copy	Repeat and copy a gymnastic movement.
Hold	Stay in a position for a count.
Jump	Where the performer uses the muscles in their legs to propel their body off the ground completely.
Land	Landing after a jump on your feet and holding a finishing position.
Shape	Holding a shape or position in a gymnastic routine such as star, tuck, straddle, pike and straight.
Squeeze	Squeezing muscles and body to support with building up muscles and holding positions.
Still	Staying still and not moving for an amount of time.

## Key Knowledge & Skills

Children will develop basic gymnastic skills through the topic of 'animals and their habitats'. Children explore creating shapes, balances, and jumps and begin to develop rocking and rolling. They show an awareness of space and how to use it safely and perform basic skills on both floor and apparatus. They copy, create, remember and repeat short sequences. They

### Ladder Knowledge



#### Shapes:

Children will learn to make different shapes with their body.

#### Balances:

Children will learn to be still when holding a balance.

#### Rolls:

Children will learn to change their body shape to help them to roll.

#### Jumps:

Children will learn that bending their knees will help them to land safely.

#### Strategy:

Children will learn that counting to five when holding a shape or balance will allow people to see it clearly.

### Personal, Social and Emotional

#### Social

This unit will develop the following skills:

work safely, collaboration, share and take turns

#### Emotional

determination, confidence

#### Thinking

comprehension, creativity, select and apply

## About this Unit

Children will develop basic gymnastic skills through the topic of 'animals and their habitats'. Children explore creating shapes, balances, and jumps and begin to develop rocking and rolling. They show an awareness of space and how to use it safely and perform basic skills on both floor and apparatus. They copy, create, remember and repeat short sequences. They begin to understand using levels and directions when traveling and balancing.



star



tuck



pike

straight



straddle

