



P.E.

**Gymnastics
(Travelling)**

Year 1

Autumn Term 1

Skills

- 2 elements. Two ways of travelling link them together to make a movement phrase. *E.g. walk on all fours, bunny hops.*
- Start and finish shapes.
- Show control and co-ordination when travelling and when still.

Key Knowledge

Understand how to use space and apparatus safely, including learning to lift and carry apparatus in a safe manner.

Choose and link like actions; remember and repeat.

Understand how to exercise muscles and joints safely.

Warm-up safely and effectively and understand how warming-up is part of being healthy.

Learn how to monitor, describe and compare simple changes that happen to their breathing and heart when exercising.

Sequence of Practical Experiences

To manage the space safely showing good awareness of each other and understand how following simple safety rules and procedures is part of being healthy.

To lift, carry and place appropriate apparatus safely.

To manage the space safely showing good awareness of each other as well as the apparatus.

To create and perform simple movement phrases / sequences.

To perform movement phrases with control (keeping body tension whilst moving) and accuracy (keeping the shape whilst moving).

Statutory requirements

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities

Prior Learning

Travel around under, over and through balancing and climbing equipment.

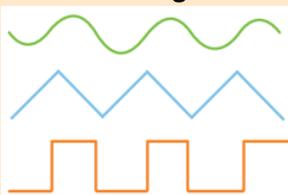
Key Vocabulary

Extension	Straightening a joint
Tension	Controlling actions of the body when held tightly e.g. muscles engaged
Balance	A static position the body is held in in a particular shape
Posture	How the body is held and positioned using muscle and skeleton.

- Travelling, rolling, climbing, bounce, hop, skip, rolling step
- Direction, slow, stop, still
- Apparatus, bench, mat
- Posture, spine, muscles squeezing and relaxing, joints

Techniques

Travelling lines



Apparatus



Heads, Hearts, Hands

