

Knowledge Organiser Physical Education Year 1 Spring

Show control and coordination - Gymnastics



St Elizabeth's Catholic Primary School
"Love one another as I have loved you"

Prior knowledge

- Move safely with consideration of others
- Follow instructions
- Developing strength, balance and coordination
- Show increasing control and grace

Physical skills developed in this topic

- Travelling actions
- Basic shapes
- Balances
- Jumps
- Forward roll progressions

Knowledge and skills covered in this topic

- Link simple actions to create a sequence
- Make body tense, relaxed, stretched and curled
- Remember and repeat actions and shapes
- Use apparatus safely and wait to take a turn

Key words

PE: Physical Education, learning how to use our arms, legs, hands and feet to play sport

Gymnastics: A sport displaying physical agility and coordination

Warm up: First 5 minutes of a lesson where we get our body ready for sport

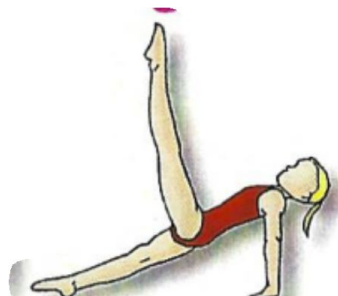
Balance: Learning how not fall over

Hopping: Jumping and landing on one foot

Jumping: Pushing through legs so both feet leave the ground

Control: Using muscles to keep arms and legs in a required position

Mat: Spongy, padded floor covering to practise gymnastics on



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