

## Prior learning:

- Be able to complete simple tasks with and without support
- Can investigate body movements with a partner independently
- I can watch and copy simple actions
- I can begin to move around the space safely and accurately
- Discuss how the body feels at different stages of exercise/movement e.g. hot, heart beats faster

## What will I learn by the end of the topic?

- To move confidently & safely in their own & general space
- Perform movements using a range of body actions & parts
- To recognise how their body feels when still & exercising
- Explore gymnastics actions & still shapes
- Copy, create movement with beginning, middle, end
- Know how to carry & place apparatus
- Watch, copy & evaluate others

## Key Vocabulary:

Forward roll	A complete rotation of the body in a forward motion with the hips passing over the head.
Front support	A position the gymnast uses to support the arm with the front facing the apparatus.
Back support	A position where the gymnast uses to support the arm with the back parallel to the floor
Turns	A rotation of the body.
Jumps	When you move from one position to another using your legs and feet.
Shapes	<p><b>Tuck</b> - a position in which the knees and hips are bent and drawn into the chest; the body is folded at the waist.</p> <p><b>Pike</b> - Body bent forward more than 90 degrees at the hips while the legs are kept straight.</p> <p><b>Straddle</b> - a position where both legs move out to the side</p> <p><b>Star</b> - a position in which both legs and arms are pointing outwards diagonally.</p> <p><b>Straight</b> - a position in which the body is completely straight and inline</p>
Travelling	Moving in a variety of ways and directions
Levels	Working at different heights (low, middle and high)

## What they look like in action:

### Back support:



### Front support



### Tuck:



### Straddle:



### Pike:



### Arch:



