

## Year 1 Gymnastics Unit 3

### National Curriculum objectives

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.

### Key Learning

- Explore and use space effectively using agility, balance and coordination skills
- Balance using different parts of the body, exploring points and patches (beginning to on apparatus)
- To take weight on hands and feet.
- Learn, copy and name basic and advanced low-level shapes
- Link shapes and rolls to form a short sequence
- Explore different styles of travelling: under, over and through  
Beginning to travel on apparatus
- Jump and land safely, whilst exploring different jumping techniques
- Copy, mirror and create a small routine and matching actions

### Equipment

- Benches
- Cones
- Benches
- Mats
- Tables
- Wall bars (if applicable)

### Key Vocabulary

- Apparatus:** Equipment needed to walk across, jump from, balance on e.g. climbing frame
- Balancing:** A static (still) position which holds the body in a position.
- Benches:** Long sturdy low frame made from wood or metal, sometimes padded.
- Control:** Being able to use your body in a precise manner.
- Copying:** Repeat the movements, positions and balances of someone else.
- Direction:** Which way to face or travel: up, down, left, right, forward, backward.
- Levels:** How high you can be, e.g. travelling at a low, medium or high level.
- Linking:** A way of changing from one movement to another, with a transition/link.
- Mirroring:** To reflect the movements, shapes and positions of a partner like a reflection in a mirror.
- Over:** Being above something, e.g. travelling over a bench.
- Points:** These are smaller parts of the body to balance on, e.g. elbow or knee.
- Safety:** Being careful not to harm yourself or others and minimize risk of injury.
- Timing:** Pacing movements in a steady manner, anticipating when to make the next move.
- Travelling:** A method of getting from one place to another, e.g. walking, jumping, rolling.
- Turning:** Changing direction, rotating.

### Key Questions

What is apparatus?

What parts of the body do you think you can balance on?

What's the difference between balancing & travelling?

Which shape did you find the easiest / hardest to perform?

### Safety

- Remove all jewellery including earrings
- Long hair must be tied back
- (safety) Mats used one between two or one per pupil
- Use correct techniques
- Complete a warm-up and cool-down