Eversley Primary School– Knowledge Organiser

P.E.	Gymnastics Taking Weight on Different Parts	Year 1	Spring 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

support body weight on different large parts of the body (patches) and hold still for a short period of time

develop learning to lift and carry apparatus in a safe manner and understand the importance of looking after the back.

create and link movement ideas

create and link movement ideas in short sequences that have a clear start middle and end.

watch and describe accurately a short sequence of actions using appropriate language

watch and describe accurately a short sequence of actions using appropriate language

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.

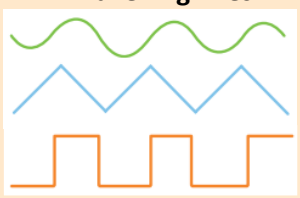
Key Vocabulary

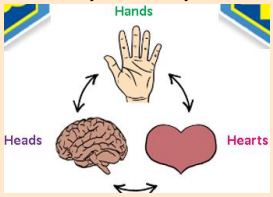
Extension	Straightening a joint
Tension	Controlling actions of the body when held tightly e.g. muscles engaged
Balance	A static position the body is held in in a particular shape
Posture	How the body is held and positioned using muscle and skeleton.

- 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