





# Gymnastics

## KS1 – Autumn 2 – Under the Sea

-In KS1 gymnastics, we learn the basic skills of travelling in different ways. We also consider how to balance, roll and jump with control. We put our ideas together into sequences.

Skill	Definition	How do I do this?
<b>Travelling</b> 	To move from one place to another place.	<ul style="list-style-type: none"> <li>-Think of the different ways that you can travel, e.g. running, crawling, hopping and sliding.</li> <li>-Changing direction makes movements interesting.</li> <li>-Copy – think about how different animals travel.</li> </ul>
<b>Balancing</b> 	To hold a body position with control.	<ul style="list-style-type: none"> <li>-Consider each part of your body and the shapes that you create. Hold moves for at least 5 seconds. Keeping arms and legs further apart helps.</li> <li>-Add quality by being still, pointing fingers &amp; toes.</li> <li>-When taking weight on hands, tense stomach.</li> </ul>
<b>Jumping</b> 	To launch both legs off the floor at the same time	<ul style="list-style-type: none"> <li>-Keep your chest upright, don't tilt to one side.</li> <li>-Bend your knees &amp; spring upwards to jump high.</li> <li>-Try to land without much noise. Bend your knees.</li> </ul>
<b>Rolling</b> 	Moving by turning on the ground.	Begin with barrell rolls and side rolls to build confidence. With front rolls, tuck head in. Knees together. Move into tuck position. Lift hips high. Shoulder blades should touch the floor first.
<b>Making Sequences</b>	To put moves together.	<ul style="list-style-type: none"> <li>-Consider how moves look together. Marks for quality and control. Think about your starting and finishing position carefully.</li> </ul>

**Apparatus**– The equipment on which gymnastic moves are performed, e.g. mats, beams.

**Beam** – A long, thin surface that gymnasts balance on and move around.

**Mat** – Provides a soft surface for gymnasts to perform movements.



**Table** – A surface (often with a soft top) on which gymnasts balance and move around.

Strength

Balancing

Balance

Barrell Roll

Flexibility

Straight Roll

Control

Forward Roll

Travelling

Sequence