



KS1

PE
Gymnastics



Key Vocabulary

Forwards	Backwards
Jogging	Skipping
Galloping	Hopping
Floor	Apparatus
Wide	Thin
Tucked	Balance
Jump	Link

Pupils should be taught to:

Master basic movements including running & jumping as well as developing balance, agility & coordination and begin to apply these.

Movement

- Move forwards & backwards, jogging, skipping, galloping & hopping on floor & on apparatus
- Move forward, backward & sideways on apparatus

Balance


- Make wide, thin & tucked shapes as well as arched & hooped shapes with arms, legs & body
- Balance in front support & on 3 & 4 points using limbs, tummy, back, bottom, elbows & shoulder

Jumps

- Jump forwards & backwards two feet to two feet, two feet to one foot, 1 foot to two feet
- Jump & tuck to gain more height
- Swing arms to gain more distance

Combinations

- Perform two shapes, rolls or balances with a jump
- Link simple combinations of 3, 4 or actions with beginning, middle & end
- Choose appropriate starting position

 **Forest School**

Show controlled balance using the tree stumps as 'stepping-stones'

Hang different items in the trees, challenge pupils to jump up and reach different heights.

Therapy (SALT/OT)

Symbols for jumping, balancing, hopping, walking, running

Gross motor skills programme

Sherbourne

Equipment/Apparatus

Floor mats	Gym tables - round
Gym tables – rectangle	Tunnel
Benches	Ladders
Apparatus at the park	Slide

Outcomes (from the DfE PE Programme of Study)

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.