

# YEAR 1

	EYFS	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
<b>GYMNASTICS</b>	<p>The three <b>Prime ELGS</b> of Communication and Language, PSED and Physical Development provide the foundations of which all other learning is built upon.</p> <p>Particularly: <b>Gross Motor Skills ELG</b></p> <p>Negotiate space and obstacles safely, with consideration for themselves and others.</p> <p>Demonstrate strength, balance and coordination when playing.</p> <p>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>	<p><b>Travel</b> in different ways</p> <p><b>Stretch</b> in different ways</p> <p>Begin to <b>balance</b> with control</p> <p>Move around, under, over and through different objects and equipment</p> <p>Create a <b>short sequence</b> of movements</p>	<p>Move with increasing <b>control and care</b></p> <p>Climb onto and jump off equipment safely</p> <p>Hold a shape still whilst balancing on different points of the body</p> <p>Link <b>actions</b> to make a sequence</p> <p>Copy, explore and remember actions to make their own <b>sequence</b></p>	<p>Link combinations of actions with increasing confidence, including changes of <b>speed, direction and level</b></p> <p>Move with <b>co-ordination</b> control and care</p> <p>Begin to show <b>flexibility</b> in movement</p> <p><b>Compose</b> movement sequences independently and with others</p>	<p>Create a <b>sequence</b> of actions to fit a theme</p> <p>Move with <b>clarity, fluency and expression</b></p> <p>Show changes of direction, speed and level during a performance</p> <p>Carry out balances, recognising the position of their centre <b>gravity</b> and how this affects the balance</p>	<p>Select ideas to <b>compose</b> specific sequences of movements, shapes and balance</p> <p>Apply skills and techniques consistently</p> <p>Confidently develop the placement of their body parts in balances, recognising the position of their centre of gravity and where it should be</p>	<p>Create their own complex sequences</p> <p>Demonstrate <b>precise</b> and controlled placement of the body parts in their actions shapes and balances</p> <p>Apply skills and techniques consistently</p>

## COMPOSITES

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.

## COMPONENTS

	1	2	3	4	5	6	End Point
	Can I make shapes on the big parts of my body?	Can I make shapes on the small parts of my body?	Can I move using a combination of wide, narrow or curled movements	Can I link two movement combinations together?	Can I link two movement combinations together on apparatus?	Can we link two movements and one balance together on apparatus?	Pupils will be able to apply 'champion gymnastics' as they explore movements and balances on big and

			on the big and small body parts				small body parts in wide, narrow and curled ways on the floor and on apparatus. Pupils will transition between the theme words as they link movements together developing simple sequences.
<b>CONCEPTS</b> <a href="#">Link to concept map</a>	COMPETENCE	COMPETENCE	COMPETENCE	COMPETENCE	COMPETENCE	COMPETENCE	
<b>SKILLS</b>	<b>Travel</b> in different ways Begin to <b>balance</b> with control	<b>Travel</b> in different ways Begin to <b>balance</b> with control	<b>Stretch</b> in different ways	Move around, under, over and through different objects and equipment	Create a short <b>sequence</b> of movements	<b>Travel</b> in different ways <b>Stretch</b> in different ways Begin to <b>balance</b> with control Move around, under, over and through different objects and equipment Create a short <b>sequence</b> of movements	Travel, stretch and balance on different body parts while travelling to create a short sequence.
<b>KNOWLEDGE</b> <a href="#">PE Subject Organiser - GYMNASTICS Year 1</a>	Pupils will be able to move and balance using big body parts.	Pupils will be able to move and balance using small body parts.	Pupils will be able to move using a combination of wide, narrow or curled movements on the big and small body parts	Pupils will be able to explore the different movements changing the combinations on different apparatus	Pupils will add movement combinations together to create mini sequences.	Pupils will add movement combinations together to create mini sequences finishing with a controlled balance.	Children will be able to apply 'champion gymnastics' as they explore movements and balances on big and small body parts in wide, narrow and curled ways on the floor and on apparatus. Children will link movements together developing simple sequences
<b>LESSON LINK</b>	Complete PE- Year 1 – Gymnastics – Body Parts	Complete PE- Year 1 – Gymnastics – Body Parts	Complete PE- Year 1 – Gymnastics – Body Parts	Complete PE- Year 1 – Gymnastics – Body Parts	Complete PE- Year 1 – Gymnastics – Body Parts	Complete PE- Year 1 – Gymnastics – Body Parts	

<b>PROGRESSIVE VOCABULARY</b>	champion gymnast big body part balance	champion gymnast small body part balance	champion gymnast small / big body part balance narrow wide curled	champion gymnast small / big body part balance narrow wide curled linking	champion gymnast small / big body part balance narrow wide curled linking sequence	champion gymnast small / big body part narrow wide curled linking sequence balance	Articulate, demonstrate and recognise subject specific vocabulary
<b>CURRICULUM EXPERIENCES</b>						Use of apparatus	
<b>END POINT</b>	Pupils will apply 'champion gymnastics' to explore movements and balances using the 'big' parts of our bodies on the floor and on apparatus	Pupils will apply 'champion gymnastics' to explore movements and balances using the 'small' parts of our bodies on the floor and on apparatus.	Pupils will apply 'champion gymnastics' to explore movements and balances on the floor and on apparatus, using combinations of the following theme words; 'big' and 'small' with 'narrow,' 'wide' or 'curled.	Pupils will explore the different theme words, ('big' and 'small' with 'narrow,' 'wide' or 'curled,') changing the combinations on different apparatus	Pupils will explore adding movement combinations together to create mini sequences.	Pupils will add movement combinations together to create mini sequences ending with a controlled balance.	

