

Sequences

Gymnastics

KS1



Social and Emotional

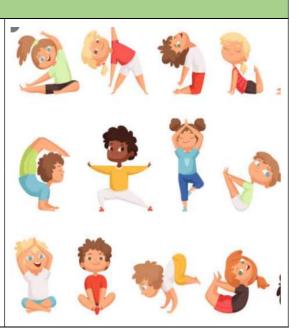
Overview

-Gymnastics is a sport in which we do exercises that need strength, balance, flexiility and control.

-In gymnastics, we may use lots of different skills, for example running, jumping, balancing, stretching, bending and tumbling.

-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.

-We should learn how to perform movements safely, build our confidence and respond to feedback given by others.



Jociai ana	Emotional
Planning	Selecti
Planning helps us to think about	There ar
how we are going to achieve	different m
tasks before we perform them.	that we car
We should plan movements and	select and
routines in advance.	most effecti
Keeping Safe	Build
Follow the rules and listen to the	Some gym
coach/ referees instructions. Store	difficult
and handle apparatus properly.	importan
	ourselves o
	before a
Perseverance	<u>Chal</u>
Perseverance is about keeping	Whenever
	1

going even when something is difficult or tiring.



before at
Challe
Whenever
we have to
Improving o
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practice, cha
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Thinking/ Str

Apparatus- The equipment on which gymnasti moves are performed, e.g. mats, beams.

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

Mat - Provides a soft surface for gymnasts to perform movements.



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

Exercise in safe spaces. Be mindful of others.Keep your head up and know what isWarm up properly including stretchingBend your knees when you land.When forward rolling, head should be tucked in. ShoulderMake sure that apparatus is set upMake sure that apparatus is putWarm down after				Health and Safety			
around you. your muscles. blades touch down first. properly, away properly, exercising.	-	 including stretching	-	_ .	apparatus is set up	apparatus is put	Remove jewellery and wear suitable clothing/ equipment.

		Physical
Skill	Definition	How do I do this?
Travelling	To move from one place to another place.	 Think of the different ways that you can travel, e.g. running, crawling, hopping and sliding. Changing direction makes movements interesting. Copy – think about how different animals travel.
Balancing	To hold a body position with control.	 -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. -Add quality by being still, pointing fingers & toes. -When taking weight on hands, tense stomach.
Jumping	To launch both legs off the floor at the same time	 -Keep your chest upright, don't tilt to one side. -Bend your knees & spring upwards to jump high. -Try to land without much noise. Bend your knees.
Rolling	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.
Making	To put moves	-Consider how moves look together. Marks for

Dianation I

To put moves quality and control. Think about your starting and together. finishing position carefully.



ing and Applying re a huge range of novements and holds in perform. We should apply those that are tive at different times.

ding Confidence nnastic moves can be or danaerous. It is nt that we believe in and build confidence tempting moves.

enging Myself we learn anything, o start somewhere! ourselves is all about in hard work and allenging ourselves to be better than we were before!

Key Vocabulary

Gymnastics

Strength

Balance

Flexibility

Control

Travelling

Balancing

Barrell Roll

Straight Roll

Forward Roll

Sequence

Confidence

Feedback

rateg	ic
ic	-Success in gymnastics is all about
	quality and control. Quality is
	about making sure that your
ance	movements look good. Use good
()	posture and point your fingers
HE I	and toes to show quality.
	-Control is when you hold
	positions carefully. Tense your
ich	muscles to help control your
	movements and balances.