



# KS1 PE: Gymnastics

## Prior Learning

### Children have...

- Developed their overall strength, balance, coordination and agility.
- Combined different movements and can perform these with ease, fluency and control.
- Revised and refined their already acquired fundamental skills; rolling, crawling, walking, jumping, running, hopping, skipping, climbing.



## Vocabulary

- Sequence, pathways (zig-zag, straight, curved, L shape), shape, balance, perform, travel, levels, high, low, straight, star, pike, tuck, straddle, log roll, tuck roll, teddy roll, style, space, floor, apparatus, jump, star jump, tuck jump, straight jump, arabesque, front support, back support, arch, dish, safety

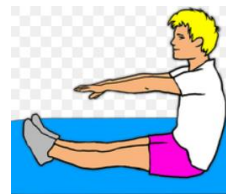
### Shapes



Straddle



Tuck



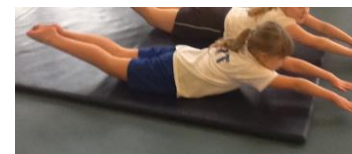
Pike

## Sticky Knowledge

### Balances



Arabesque



Arch



Dish

### Jumps



Tuck Jump



Star Jump



Straight Jump