



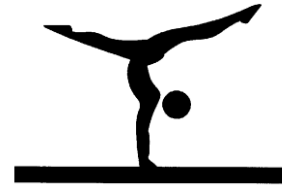
Key Vocabulary

Travelling
Shapes
Balance
Jumps
Rolls
Performance
Flexibility



Gymnastics

PE KSI



Physical wellbeing

I know how the body feels during and after exercise.

I know how to carry and move equipment safely.

Key knowledge and skills



Shapes and balances:

I know how to perform 1,2,3 and 4 point balances, standing, kneeling, pike, tuck and straddle.

Rolls:

I know how to perform log roll, egg roll, teddy bear roll and forward roll.

Jumps:

I know how to perform straight jump, jumping jack, tuck jump, quarter-turn jump, half-turn jump.

Compete/perform:

I know how to perform and create sequences.

Evaluate:

I know how to watch and describe performances.



Links to other subjects:

Science (Health and growth)

Maths (Directional language)



Links to prior learning:

I know what a balance should look like.

Next steps:

Evaluating your own and other performances.

Head



Knowledge
Rules

Heart



Effort
Confidence
Resilience

Hands



Physical ability
Technique