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| PE FLE Y1/2 Gymnastics |
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| **Knowledge** |
| Before we begin any sport or exercise, we need to warm up to prepare our bodies and to avoid hurting our muscles. FF |
| At the end of any exercise or sport, we need to cool down to help our bodies recover. FF |
| We can use our bodies to create different shapes, for example, smooth round shapes like hills and tall thin shapes like mountains. |
| To lift a PE mat safely, we need 4 children, 2 on each long side. |
| You point the equipment in the direction you want to go. |
| Always make sure that your pathway is clear when moving equipment. |
| Create a long thin shape with your body to perform a log roll. |
| Stand with your feet hip distance apart to perform a straight jump and remember to bend your ankles, knees and hips when landing. |
| Remember to look around the space when you are travelling. |
| Regular sport and exercise help us to stay healthy. FF |

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| **Exciting Books** |
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| **Subject Specific Vocabulary** |
| sequence | a group of things that come one after another |
| balance | to hold your body position still |
| flexibility | to have the full range of movement in your body |
| control | to be in charge of your body movements |
| coordination | the ability to use different body parts together smoothly |
| apparatus | equipment used for sports activities or exercise |
| agility | to change the direction of your body movement quickly and easily |
| gymnastics | a sport that includes exercise requiring strength, balance, flexibility and agility |

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| **Skills** |
| Explore, copy and repeat simple skills and actions |
| Remember and repeat simple sequences |
| Begin to move with increasing control and care |
| Make simple moves with increasing control and coordination |

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| Our EndpointA sequence of movements that link town and country together. |