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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 | | |  | | --- | | **Exciting Books** | |  | | | | | |  |  | | --- | --- | | **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 |  |  | | --- | | **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 | |
| Our Endpoint  A sequence of movements that link town and country together. |