

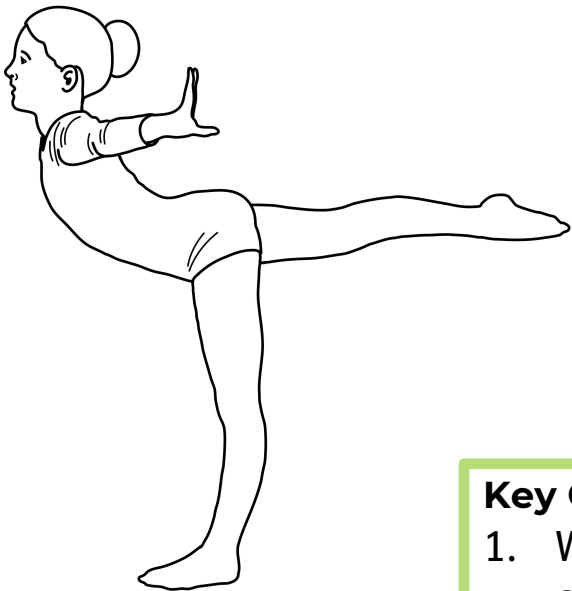
Knowledge Organiser: Year 1 Gymnastics Unit 2



**Prior Learning:** Used simple gymnastics actions and shapes  
Applied basic strength to a range of gymnastics actions  
Began to carry and move gymnastics apparatus.

**Unit Focus:** Perform a variety of basic gymnastics actions showing control. Introduce turn, twist, spin, rock and roll and link these. Perform longer movement phrases and link with confidence.

**Equipment needed:** Mats, hoops, cones, wall bars, bean bags, low apparatus, ropes.



Key Vocabulary/Skills	
Moving on, off or over.	Relaxation, rock, roll, roll, sequence, shape, slow, speed, spin, strength, timing, travel, turn.
Rocking.	
Spin and turn.	
Unison.	
Canon.	

**Head:** Decide which supporting concepts and actions to add to their sequence.

**Hand:** Remember and perform a simple sequence.

**Heart:** Communicate with a partner to create short sequence.

**Key Questions:**

- 1. Why do we have a shape or balance for 3 seconds?
- 2. How many shapes can you identify in others performances?
- 3. How is canon different from unison?

**Concept:**

Gymnastic supporting concepts include

- 1. Speed/Timing
- 2. Shape
- 3. Direction
- 4. Level
- 5. Pathways
- 6. Body parts
- 7. Sequencing

