



# St Andrew's C of E Maghull Knowledge Organiser



## Year 1 – Autumn 1 – PE – Gymnastics Unit 1

<p><b><u>Knowledge:</u></b></p> <p>I know what rolling, travelling balancing &amp; climbing means.</p> <p>I know how to repeat actions and shapes.</p> <p>I know how to use apparatus safely.</p> <p>I know how my body changes when I do exercise.</p> <p>I know how to use direction and levels to make my work look interesting.</p>	<p><b><u>Skills:</u></b></p> <p>Use words such as rolling, travelling, balancing, climbing.</p> <p>Decide which supporting concepts and actions to add to their sequence.</p> <p>Safely move and carry basic gym equipment such as mats and benches.</p> <p>Recognise like actions and link them together.</p> <p>Perform simple gymnastic actions and shapes.</p> <p>Remember and perform a simple sequence using rolling, travelling, climbing, balancing and jumping.</p> <p>Make their body tense, relaxed, stretched and curled.</p>	<p><b><u>Vocabulary:</u></b></p> <table border="0"> <tr> <td>balance</td> <td>feet</td> </tr> <tr> <td>body tension</td> <td>travel</td> </tr> <tr> <td>carry</td> <td>strength</td> </tr> <tr> <td>control</td> <td>timing</td> </tr> <tr> <td>extension</td> <td>speed</td> </tr> <tr> <td>fast</td> <td>rhythm</td> </tr> <tr> <td>hang</td> <td>step</td> </tr> <tr> <td>high</td> <td>stretch</td> </tr> <tr> <td>jump</td> <td>swing</td> </tr> <tr> <td>like</td> <td>turn</td> </tr> <tr> <td>link</td> <td>twist</td> </tr> <tr> <td>low</td> <td>canon</td> </tr> <tr> <td>movement</td> <td>sequence</td> </tr> <tr> <td>muscles</td> <td>shape</td> </tr> <tr> <td>music</td> <td>slow</td> </tr> <tr> <td>pattern</td> <td></td> </tr> <tr> <td>relaxation</td> <td></td> </tr> <tr> <td>roll</td> <td></td> </tr> <tr> <td>beat</td> <td></td> </tr> <tr> <td>curl</td> <td></td> </tr> <tr> <td>dance</td> <td></td> </tr> </table>	balance	feet	body tension	travel	carry	strength	control	timing	extension	speed	fast	rhythm	hang	step	high	stretch	jump	swing	like	turn	link	twist	low	canon	movement	sequence	muscles	shape	music	slow	pattern		relaxation		roll		beat		curl		dance		<p><b><u>Lesson Sequence:</u></b></p> <ol style="list-style-type: none"> <li>1- Perform 3 'like' actions in a sequence.</li> <li>2 – to carry and set up apparatus correctly.</li> <li>3 – to tense our muscles to hold different shapes.</li> <li>4 – to jump high and far.</li> <li>5 – to travel with good body tension.</li> <li>6 – to create a short movement pattern.</li> </ol>
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