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| **The Woodlands Community Primary School** | | **Year 1/2** | **Topic – Indoor PE** | | **Gymnastics** |
| **Key Words** | **Key Knowledge and Skills** | | | | |
| |  | | --- | | **Balance –** Remain upright and steady  **Straight –** Extending in one direction  **Curved –** Having the form of a curve  **Landing –** movement where you land back on the ground  **Control –** remaining in control and safe  **Sequence** – a set of linked movements | | **Knowledge**  I know how to carry and place equipment safely  I know that my body feels different when I am exercising and standing still  I know what my body feels like during activities. | | | **Skills**  I can perform gymnastic actions  I can move safely and change direction  I can copy or create a sequence with a beginning middle and end  I can perform a range of movements with different parts of my body  I can link a combination of actions, shapes and balances  I can improve my gymnastic movements by watching, listening and investigating. | |
| **Gymnastic movements** | | | | | |
| Safe Landing PE Sports Gymnastics KS2 Illustration - Twinkl **Straight Curved Curved Landing** | | | | | |