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| **The Woodlands Community Primary School** | **Year 1/2** | **Topic – Indoor PE** | **Gymnastics** |
| **Key Words** | **Key Knowledge and Skills** |
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| **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 safelyI know that my body feels different when I am exercising and standing stillI know what my body feels like during activities. | **Skills**I can perform gymnastic actionsI can move safely and change directionI can copy or create a sequence with a beginning middle and endI can perform a range of movements with different parts of my bodyI can link a combination of actions, shapes and balancesI can improve my gymnastic movements by watching, listening and investigating. |
| **Gymnastic movements**  |
| Safe Landing PE Sports Gymnastics KS2 Illustration - Twinkl **Straight Curved Curved Landing** |