

## KS1 Gymnastics

Gymnastics in KS1 will focus on creating routines both individually and in groups. Routines will consist of 3 elements; a jump, roll and balance. Routines may be put with music. Group performances may be shown in class and feedback of what was good and what could be improved may be welcomed.

### In this unit children will:

- Be able to work individually and as a team.
- Be able to hold a balance for 3 seconds with a range of different points on the floor.
- Perform different types of rolls including example; forwards, teddy bear, roly poly.
- Perform different types of jump including pencil jump and tuck jump.
- Be able to use different apparatus to perform a sequence.
- Be able to create a sequence using a combination of elements.

### Prior Learning

KS1 Gymnastics

### Cross Curricular Links

Gymnastics can be linked to maths for counting and sequencing, as well as direction. It can be linked to topic through a piece of music.

## Key Vocabulary

**Balance-** An even distribution of weight enabling someone or something to remain upright and steady

**Balance Beam:** The Balance Beam, or simply “Beam” is one of the four gymnastics events. A low beam or floor beam is a popular piece of home gymnastics equipment.

**Apparatus-** the technical equipment or machinery needed for a particular activity or purpose.

**Sequence** – a particular order in which related things follow each other.

**Skill:** A gymnastics skill is a single move

**Mount:** A mount is the skill used to get on the apparatus. Mounts are needed for Balance Beam and Uneven Bars.

## Rules and Regulations

- No jewellery of any type can be worn.
  - Hair must be tied away from the face at all times.
  - No shoes are allowed on the gym floor. Socks and tights are unsafe in the gym because they are slippery on the apparatus/equipment, mats and hard floors, therefore they are not allowed.
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- **A performance will consist of 3 elements; a jump, a balance and a roll in an order stated by the teacher.**
  - **A balance must be held for 3 seconds.**
  - **Different balances will be explored.**
  - **A group of performers will make their own routine with a jump, balance and roll and may be guided by the teacher.**
  - **Performances will on occasion be displayed to the class when working as a group. It may be that a number of groups perform at the same time where groups are shy.**



## Equipment

- Mats
- benches
- boxes
- climbing frame

## Key Questions

- What is gymnastics?
- What are three elements of gymnastics?
- How many different types of balances can you find?
- What equipment is available for a routine?