

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?