

Knowledge Organiser: Reception Gymnastics Unit 1



Prior Learning: Follow simple instructions. Has basic movements such as walking, running rolling crawling. Replicate basic demonstrations.

Equipment needed: Mats, hoops, music, cones, wall bars, beanbags, low apparatus, balls, ropes, throw down spots, balloons.

Unit Focus: Develop confidence in fundamental movements. Experience jumping, sliding rolling moving over and under apparatus. Develop coordination and gross motor skills.

Activity example:

Each station should have 2 or 3 task cards (attached in lesson plan) as stimuli for the pupils. These task cards should be ways of travelling that the children can experiment with, as well as thinking of their own.

Key Vocabulary/Skills

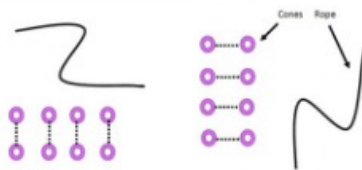
Adapt instruction to physical actions.	Balance, control, fast, high, jump, link, low, stretch, pattern.
Take off positions.	
Landing positions.	
Moving over and under apparatus.	
Shapes and balances.	

Key Questions:

1. How can you help yourself to balance?
2. Describe some ways you can travel.
3. How can you tell if someone is balancing?
4. What does a good, safe landing look like?

Concepts:

Travel in gymnastics is moving from one area to another in ways such as jumping, rolling, crawling, leaping, turning etc.



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