

PE - Gymnastics
Kingfishers - Yr 1

Enquiry Questions

Can I show I am able to balance unassisted?

Can I show I can use my strength?

Can I show my flexibility?

Can I link these different skills together in a chain?

Can I identify different pieces of equipment/Apparatus?

Vocabulary

Balance

Strength

Power

Flexibility

Speed

Momentum

Roll

Grip

Coordination

Floor

Mats

Equipment

Apparatus

National Curriculum Links

Year 1

Pupils should be able to show different fundamental skills such as balancing, jumping, rolling etc on mats for floor exercises and then be able to start using these skills on selected pieces of apparatus.

Questions to Consider...

What skills that you learn to use in gymnastics can you also use in other sports and how?

How can we make sure that all equipment and apparatus is safe to use?

How can we practice the skills we have learnt, such as balance, at home, with no equipment?

PE Value for the half term : Self-Motivation & Inclusion