



Mossfield Primary School Knowledge Organiser

Year 1 – Summer 2



Gymnastics

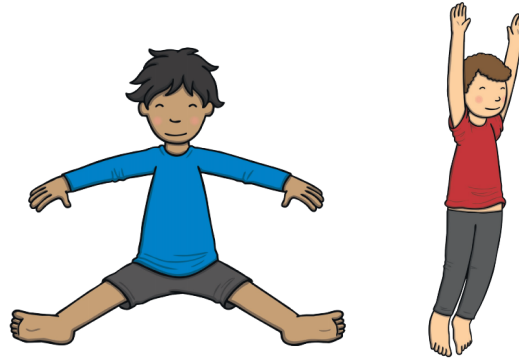
Children will learn how to perform a tuck jump safely. They will investigate long and narrow shapes and wide and short shapes. They will have opportunity to observe others performing and describe what they see using the correct vocabulary.

Key Learning

To observe, copy and describe the movements of others.



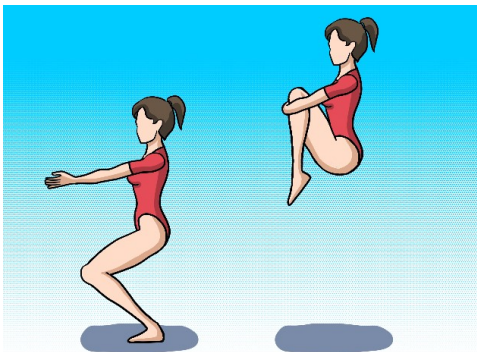
To travel showing long and narrow, wide and short shapes.



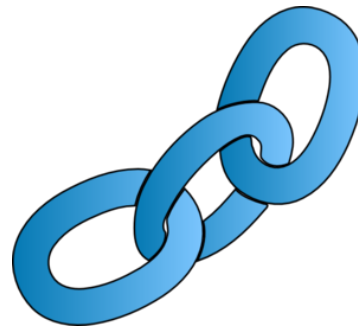
To know and use a variety of ways of travelling in a curled-up shape.



To show a tucked jump and understand the safety implications.



To join together a jump, turning movement and stretched balance.



To transfer, adapt and apply skills, ideas and linked movements to apparatus.



Key Vocabulary

apparatus	The technical equipment needed for a particular activity or purpose.
balance	An even distribution of weight enabling someone or something to remain upright and steady.
jump	Push themselves off a surface and into the air by using the muscles in their legs and feet.
strength	The quality or state of being physically strong.
tension	The state of being stretched tight.
travel	Move from one place to another.
tucked jump	A vertical jump in which you raise your knees to your chest as you rise into the air.