



Mossfield Primary School Knowledge Organiser

Year 1 – Summer 1



Gymnastics

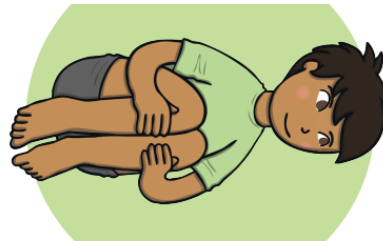
Children will learn different ways in which to rock and roll using different parts of their bodies. They will also use previous learning to create sequences such as how to land safely from a jump.

Key Learning

To know, understand and show which parts of the body can be used for spinning and rocking.



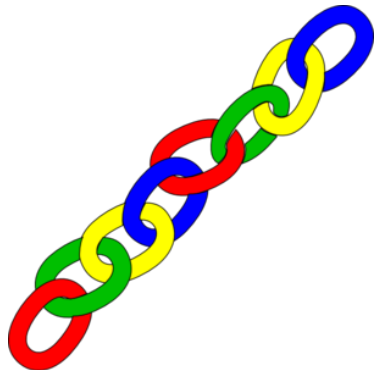
To rock on different body parts to stand up or turn over.



To work safely with an awareness of others.



To link together a jump, safe landing and rolling action.



To move into and out of a sideways roll in different ways.



To apply, adapt and transfer these ideas to appropriate apparatus.



Key Vocabulary

apparatus	The technical equipment needed for a particular activity or purpose.
jump	Push themselves off a surface and into the air by using the muscles in their legs and feet.
rock	Move gently to and fro or from side to side.
roll	Move in a particular direction by turning over and over on an axis.
sideways roll	This can be started by lying down on the back or front with the body outstretched. The child then rolls onto their side and does a complete rotation of the body, remaining parallel to the performing surface.
spin	Turn or cause to turn or whirl round quickly.