



Mossfield Primary School Knowledge Organiser

Year 1 – Spring 1

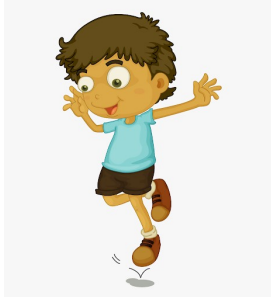


Gymnastics

During this unit, children will learn which parts of their body can take weight to create a balance. They will investigate small (points) and larger (patches) body parts. They will work individually and in pairs.

Key Learning

To demonstrate different ways of travelling on small and large parts of the body.



To know which small parts of the body can safely take weight.



To balance upon large body parts and know how to vary the shape of the balances.



To select two balances and link them together showing control.



To make a simple balanced shape for partner to step over or travel underneath.



To transfer skills learnt to simple 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.
points	A small part of the body that can be used to balance e.g. hands.
patches	A larger part of the body that can be used to balance e.g. back.
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.