



Mossfield Primary School Knowledge Organiser

Year 1 – Autumn 1

Gymnastics

Children will learn how to jump safely and in different styles. During the term they will master bouncing, jumping and landing, applying and transferring these skills to create linked movements and sequences.

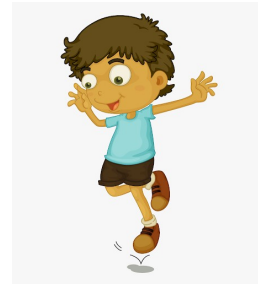


Key Learning

To hop, bounce, spring and skip in different directions i.e. forwards, backwards and sideways.



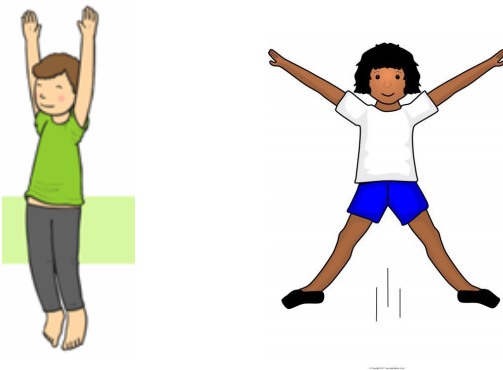
To jump from one foot to two feet and from one foot to the other foot, understanding how to land safely.



To bounce using feet in different combinations and repeat a pattern of movement.



To identify, describe and show "thin" and "wide" shapes.



To understand high and low levels and link two jumps with a low-level movement.



To apply, adapt and transfer all ideas, actions and linked movements.



Key Vocabulary

bounce	Jump repeatedly up and down, typically on something springy.
bunny hop	To jump in a crouched position.
hop	Move by jumping on one foot.
jump	Push themselves off a surface and into the air by using the muscles in their legs and feet.
skip	Move along lightly, stepping from one foot to the other with a hop or bounce.
spring	Move or jump suddenly or rapidly upwards or forwards.
thin shapes	To make your body "thin" e.g. standing like a pencil.
wide shapes	To make your body "wide" e.g. standing in a star position.