



GYMNASTICS KNOWLEDGE ORGANISER

KS1



Overview

-Gymnastics is a sport in which we do exercises that need strength, balance, flexibility and control.

-In gymnastics, we may use lots of different skills, for example running, jumping, balancing, stretching, bending and tumbling.

-In KS1 gymnastics, we learn the basic skills of travelling in different ways. We also consider how to balance, roll and jump with control. We put our ideas together into sequences.

-We should learn how to perform movements safely, build our confidence and respond to feedback given by others.



Social and Emotional

Planning

Planning helps us to think about how we are going to achieve tasks before we perform them. We should plan movements and routines in advance.

Selecting and Applying

There are a huge range of different movements and holds that we can perform. We should select and apply those that are most effective at different times.

Keeping Safe

Follow the rules and listen to the coach/ referees instructions. Store and handle apparatus properly.



Building Confidence

Some gymnastic moves can be difficult or dangerous. It is important that we believe in ourselves and build confidence before attempting moves.

Perseverance

Perseverance is about keeping going even when something is difficult or tiring.








Challenging Myself

Whenever we learn anything, we have to start somewhere! Improving ourselves is all about putting in hard work and practice, challenging ourselves to be better than we were before!

Key Vocabulary

- Gymnastics
- Strength
- Balance
- Flexibility
- Control
- Travelling
- Balancing
- Barrell Roll
- Straight Roll
- Forward Roll
- Sequence
- Confidence
- Feedback

Physical

Skill	Definition	How do I do this?
 Travelling	To move from one place to another place.	<ul style="list-style-type: none"> -Think of the different ways that you can travel, e.g. running, crawling, hopping and sliding. -Changing direction makes movements interesting. -Copy – think about how different animals travel.
 Balancing	To hold a body position with control.	<ul style="list-style-type: none"> -Consider each part of your body and the shapes that you create. Hold moves for at least 5 seconds. Keeping arms and legs further apart helps. -Add quality by being still, pointing fingers & toes. -When taking weight on hands, tense stomach.
 Jumping	To launch both legs off the floor at the same time	<ul style="list-style-type: none"> -Keep your chest upright, don't tilt to one side. -Bend your knees & spring upwards to jump high. -Try to land without much noise. Bend your knees.
 Rolling	Moving by turning on the ground.	<ul style="list-style-type: none"> Begin with barrell rolls and side rolls to build confidence. With front rolls, tuck head in. Knees together. Move into tuck position. Lift hips high. Shoulder blades should touch the floor first.
 Making Sequences	To put moves together.	<ul style="list-style-type: none"> -Consider how moves look together. Marks for quality and control. Think about your starting and finishing position carefully.

Thinking/ Strategic

Apparatus– The equipment on which gymnastic moves are performed, e.g. mats, beams.

Beam – A long, thin surface that gymnasts balance on and move around.

Mat – Provides a soft surface for gymnasts to perform movements.



Table – A surface (often with a soft top) on which gymnasts balance and move around.

-Success in gymnastics is all about quality and control. Quality is about making sure that your movements look good. Use good posture and point your fingers and toes to show quality.

-Control is when you hold positions carefully. Tense your muscles to help control your movements and balances.

Health and Safety

Exercise in safe spaces. Be mindful of others.

Keep your head up and know what is around you.

Warm up properly including stretching your muscles.

Bend your knees when you land.

When forward rolling, head should be tucked in. Shoulder blades touch down first.

Make sure that apparatus is set up properly.

Make sure that apparatus is put away properly.

Warm down after exercising.

Remove jewellery and wear suitable clothing/ equipment.