St John Fisher RC Primary School
KS1 PE Knowledge Organiser Autumn Term Two: Gymnastics

This Gymnastics unit will teach the children the skills and techniques needed in order to take part in a range of gymnastics sequences.

Why do we do PE?

We take part in PE sessions to keep our bodies and minds healthy. PE at St John Fisher ensures that all pupils develop competence to excel in a broad range of physical activities and lead healthy, active lives. We aim to inspire all pupils to succeed and excel in competitive sport and other physically-demanding activities. We provide opportunities for all pupils to become physically confident in a way which supports their health and fitness. We provide opportunities to compete in sport which builds character and helps to embed values such as fairness and respect.

Gymnastics Overview

In this Gymnastics unit, the children will learn and practise a variety of skills, including rolls, jumps and balances and they will develop their control, agility and coordination. Each lesson will focus on a particular skill and they will have the chance to apply their learning in a variety of ways. Self and peer assessment will be used throughout this gymnastics unit to allow children to monitor their progress. The final two lessons of the unit will give the children a chance to build their own gymnastic sequences, both individually and with a partner.

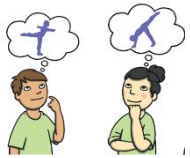
Week 1 – Balancing

During this lesson we are going to perform and improve upon balances on different parts of the body. We will create different shapes with our bodies and hold them still. We will evaluate the work of others and give appropriate feedback and understand how to improve the quality of our own balances. We will compose and perform a sequence on apparatus.




Week 2 – Partner Balances

During this lesson we are going to create matching balances with a partner. We are going to work cooperatively with a partner and perform quality balances on a range of body parts. We will perform our balances on apparatus and work with a partner to evaluate our work.




Week 3 – Rolling

During this lesson we are going to roll in different ways while showing control. We will perform three different types of roll. We will control our bodies when we are rolling in different ways. We will learn and understand that rolls can be used to link movements together in a sequence.

Rock to Stand



Curled Side Roll



Crouched Forward Roll



Week 4 – Jumping

During this lesson we are going to learn how to jump safely in a variety of ways, including on and off apparatus. We will show control when landing our jumps and show clear body shapes when we are jumping. We will jump on and off apparatus safely and evaluate the work of others.

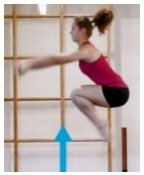
Straight Jump



Half Turn Jump



Tuck Jump



Week 5 – Building Sequences

During this lesson we will combine a selection of movements to create a gymnastic sequence. We will explore and remember movements to create a sequence. We will link our movements together to help our sequences flow. We will evaluate the work of others and say how it could be improved. We will show good control when performing a variety of movements.





Week 6 – Sequences in Pairs

During this lesson we are going to work with a partner to create a matching sequence. We will work cooperatively with a partner and explore and remember movements to create a sequence. We will link our movements together to help our sequences flow. We will show good control when performing a variety of movements.



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Gymnastics – Key Vocabulary

Gymnastics - Gymnastics is a sport that includes exercises requiring balance, strength, flexibility, agility, coordination, and endurance. The movements involved in gymnastics contribute to the development of the arms, legs, shoulders, back, chest, and abdominal muscle groups.

Actions - A movement in gymnastics could be roll, jump, travel, spin or balance.

Apparatus - Equipment used in gymnastics—benches, tables, beams, wall bars etc.

Balance - To remain still in a set position for 3 seconds**.**

Extension - Straightening limbs and / or trunk**.**

Levels - Height at which you are performing e.g. low (close to the ground), high (on tip toes)**.**

Matching - Copying the same actions as your partner at the same time.

Points - Parts of your body in contact with the floor or apparatus.

Roll - Rotation of the body (forwards / backwards / sideways).

Sequence - Linking together multiple actions that can be repeated**.**

Spin - Keeping one body part in contact with the floor rotate about that point.

Travel - Getting from point A to B using repeated movements**.**

Control- Gymnasts must be able to control their bodies in space without falling over, which requires excellent balance**.**

Agility – The ability to move quickly and easily.

Co-ordination - The ability to use different parts of the body together smoothly and efficiently.

The Olympics

Olympics – The Olympic Games are a global sporting event that aims to bring people together from multiple countries to compete.



When Did the Olympics Begin?



Over two thousand seven hundred years ago, the Olympics began as part of a religious festival in Olympia in ancient Greece.
In 1894, the games were resurrected and the International Olympic Committee was formed. Since the first modern games in 1896, the Olympic Games have taken place every four years, with athletes from all over the world taking part in different events.

Olympic Events:



Vault



Beam



Floor Exercises

Olympic Medals

Olympic medals are awarded to athletes who come 1st, 2nd or 3rd in their event. Gold is awarded to the winner who came 1st, silver is awarded to 2nd place and bronze to 3rd place.



Famous Gymnasts:

Simone Biles

The greatest female artistic gymnast of all time with 30 Olympic and World gymnastic medals. The American has created unique moves vault, beam and two different floor moves. She is only 25 (2022) ready to win even more medals.



Max Whitlock

British gymnast five time Olympic medallist. First Britain to win Gold at the Olympics which he did on the pommel horse and floor at the Rio Games in 2016. He has also won many World and European titles during his career.



Resources:

Mats

Benches or agility tables

Hoops