

Physical Education Knowledge Organiser

Southwold Primary School



Strand: Gymnastics

KS1

What should I already know?

- Travelling with confidence and skill, around, under, over and through balancing and climbing equipment; safely manoeuvring around obstacles and peers.
- Moving in a range of ways (e.g. jumping with various techniques).

Famous Sports People



Simone Biles
American artistic

Sam Oldham
English artistic
gymnast



Vocabulary

curled	This means to move or balance rolling our body up tightly. A forward roll is an example of moving in a curled way.
tense	To make your muscles tight to hold a shape.
stretched	To extend a body part to it's full extent, e.g. to reach something.
relaxed	To allow your muscles to rest after exercise.
balance	To hold a body position with control.
travel	To move from one place to another place.
repeat	Do the same movements over and over again.
control	Control is to exercise restraint over a range of movements, including running and jumping.
direction	The way in which you move, point or face.
perform	Showing the skills and sequences to an audience of your peers.
sequence	This is a combination of controlled movements, balances or actions that have been added (linked) together in a particular order.
coordination	Coordination is the ability to select the right muscle at the right time with proper intensity to achieve proper action.
positions	Where you start a move and end a move, e.g. how you start a forward roll and end a forward roll.
patterns	To put a sequence of moves together which repeat over time.
movements	To move in different directions, e.g. forwards, backwards and sideways.
level	Creating movements and balances that are performed using different heights, either on the floor or apparatus.

What will I know by the end of this unit?

- How to apply the five main body shapes showing control.
- How to find space when travelling.
- How to explore different methods of travelling, controlling changing speed and levels.
- How to use simple balances linking shapes and balance together.
- How to apply the correct techniques for jumping and landing on the floor from apparatus.
- How to roll and the safe practice to execute a roll.
- How to execute basic rolls to introduce entrance and exit.

Techniques

Gymnastics shapes:

