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| **Goonhavern Primary School** | | |
| **TOPIC: PE** | **YEAR: 1** | **STRAND: Gymnastics** |

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| **What should I know already?** | **What will I know by the end of the unit?** |
| From EYFS:   * Experiments with different ways of moving. * Jumps off an object and lands appropriately. * Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. * Travels with confidence and skill around, under, over and through balancing and climbing equipment. * Shows increasing control over an object in pushing, patting, throwing, catching or kicking it. * Early Learning Goal Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space | Respond to instructions and commands |
| Move between mats and small apparatus and change the speed of movement. |
| Be still in different body shapes and balances |
| How to combine different ways of travelling. |
| Handle apparatus safely. |
| Recognise how it feels when the body is tense. |
| How to balance using different body parts |
| **School Values** | |
| **Five Ways to Wellbeing** | |

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| **Vocabulary** | |
| Apparatus | Equipment we use in gymnastics |
| Balance | Being in a steady position without falling |
| Travelling | How you move your body |
| Tense | When a muscle feels tight |
| Strength | How strong you feel |
| Core Strength | Using the middle part of your body for strength |
| Coordination | Using different parts of the body at once smoothly |

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| **Image/diagram that helps me to articulate my knowledge/understanding** | **Investigate!** |
| See links ---> | -How can I balance on different body parts?  -How can I balance when on different apparatus?  -What helps me balance?  -How long can I hold a balance?  -How many ways to travel? Difference between low and high travel?  What’s Ahead?  <https://www.sportaus.gov.au/__data/assets/pdf_file/0003/704019/Whats-ahead.pdf>  Stone, Bridge and Tree  <https://www.sportaus.gov.au/__data/assets/pdf_file/0005/703994/Stone-bridge-and-tree.pdf> |