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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>  |