

P.E – Year 1 – Autumn Term



GYMNASTICS AND BALL SKILLS (Two lessons per week)

Prior Learning	
EYFS OBJECTIVES COVERED	
Key vocabulary for this unit	
GROOVY GYMNASTICS/ GYMFIT CIRCUITS Travel Link Sequence Level Posture Tuck Pike Straight Rolling Direction Level	BRILLIANT BALL SKILLS/ COOL CORE STRENGTH Send Receive Underarm Overarm Throw Catch React Bounce
Learning Sequence	

Groovy Gymnastics	<ul style="list-style-type: none"> • To explore movement actions with control
Groovy Gymnastics	<ul style="list-style-type: none"> • To explore gymnastic actions and shapes including rolling and link combinations of movements and shapes with control.
Groovy Gymnastics	<ul style="list-style-type: none"> • To explore travelling along different apparatus • To choose and use simple compositional ideas by creating and performing sequences
Brilliant Ball Skills	<ul style="list-style-type: none"> • To master basic sending and receiving techniques
Brilliant Ball Skills	<ul style="list-style-type: none"> • To develop balance, agility and co-ordination
Brilliant Ball Skills	<ul style="list-style-type: none"> • To use ball skills in game based activities
Assessment milestones	
<p style="text-align: center;">GROOVY GYMNASTICS</p> <ul style="list-style-type: none"> • To travel in different directions at different speeds • To link three moves together while travelling • To link isolated moves and shapes when travelling • To create and perform simple sequences. 	<p style="text-align: center;">BRILLIANT BALL SKILLS</p> <ul style="list-style-type: none"> • To catch a ball or bean bag on a bounce or from a throw • To develop accurate throwing skills • To understand how to throw overarm and underarm • To play a game following rules and demonstrating fair play.