P.E – Year 1 – Autumn Term

GYMNASTICS AND BALL SKILLS/COOL CORE STRENGTH (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 Bridge Posture Balance Core
Learning Sequence	

Groovy Gymnastics	• To explore movement actions with control
	• To explore gymnastic actions and shapes including rolling and link combinations of movements and shapes with control.
	• To explore travelling along different apparatus • To choose and use simple compositional ideas by creating and performing sequences
Gymfit Circuits	• To identify techniques to improve balance
	• To perform a range of moves with increasing accuracy
	• To perform a sequence of gym moves within a circuit
Brilliant Ball Skills	• To master basic sending and receiving techniques
	• To develop balance, agility and co-ordination
	• To use ball skills in game based activities
Cool Core Strength	• To identify techniques to improve core strength and agility
	• To be able to support body weight using hands using the core muscles to keep balanced
	• To develop hand eye co-ordination

Assessment milestones	
GROOVY GYMNASTICS/GYMFIT CIRCUITS • 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.	**BRILLIANT BALL SKILLS/COOL CORE STRENGTH** • 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.

	• To control breathing and support body weight