

Key Learning and Vocabulary—Gymnastics

KS1 PE

Children can warm up effectively demonstrating pulse raising activities, stretching and conditioning exercises.

Pulse raising exercise examples:

- Running
- Jumping
- Star jumps
- Hopping

Stretching and conditioning—Start from the top of the head down to the toes for example:

- Moving head from side to side, up and down
- Shoulder rolls
- Arm circles
- Side stretches
- Hip circles
- Hamstring stretches
- Floor exercises - stretches to include hamstrings, hips and ankles.



Travel

Travel can be performed during exercises and sequences in a variety of ways to include:

- **Directions:** Forwards, backwards, right and left.
- **Levels:** Low, medium and high.

Shapes

Straight Tuck Straddle



Star Pike Landing



Balances



Arabesque

Children will be able to demonstrate and talk about the following Shapes, balances, jumps and rolls:

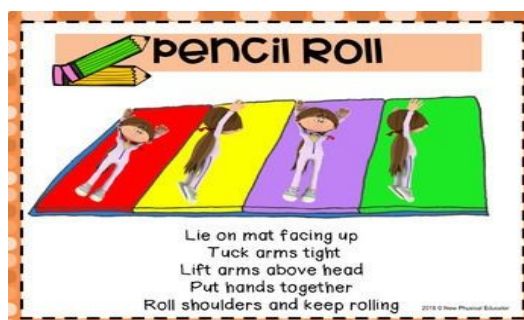
Jumps



Straight, tuck, star, straddle and half turn to be performed.

All jumps should end in the landing shape.

Rolls



Pencil Roll

Lie on mat facing up
Tuck arms tight
Lift arms above head
Put hands together
Roll shoulders and keep rolling



EGG ROLL

LAY SIDEWAYS AND GRAB YOUR KNEES WITH YOUR HANDS AND PULL YOUR SELF INTO A TIGHT BALL
STAY IN A BALL AND ROLL SIDEWAYS DOWN THE MAT
READJUST YOUR BODY IF YOU ROLL OFF THE MAT



FORWARD ROLL

START IN A FULL SQUAT WITH YOUR HANDS OUT IN FRONT
TUCK YOUR CHIN INTO YOUR CHEST
PUSH WITH YOUR LEGS AND PLACE YOUR HANDS DOWN ON THE MAT FIRST
ROLL ON THE BACK PART OF YOUR HEAD AND STAY IN A TIGHT BALL GRABBING YOUR KNEES AS YOU ROLL
LET YOUR MOMENTUM CARRY YOU BACK TO YOUR FEET

