

Year Group:	1	Subject:	PE
Term:	Spring Week 1-6	Topic:	Gymnastics

What I already know...

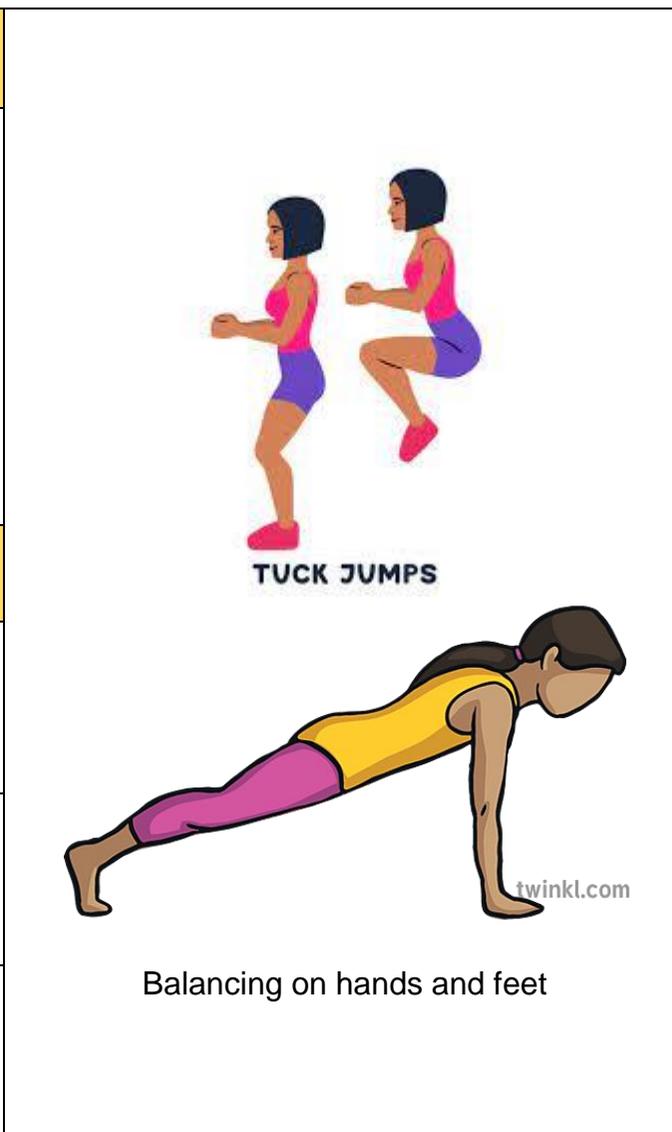
I can perform a log roll on a mat.

I know what a balance is and can hold a balance for 3 counts.

I can skip, hop, gallop and run.

New vocabulary

sequences	a number of skills that come one after the another in a particular order
tuck	small, rounded shape
log roll	roll in a straight shape, from front to back



The illustration shows two girls in pink tops and purple shorts performing tuck jumps. One girl is in the starting crouch, and the other is in mid-air with her knees pulled up towards her chest. Below them is the text 'TUCK JUMPS'. Below that is an illustration of a girl in a yellow top and purple leggings performing a handstand on a mat. Below her is the text 'Balancing on hands and feet'.

What I know now...

I can balance on small and large body parts (e.g. tummy, back, hands, feet).

I can jump safely off apparatus in a variety of ways e.g. star jump, tuck jump, straight jump.

I can link movements together on a piece of apparatus..

What I can do at home

Go to the park and practise balancing on some of the equipment.

Can you balance on your hands and feet like the picture?