

# Year 1 Gymnastics: Linking Travelling and Shapes.

## Key Vocabulary

'Like actions'	Star, pencil, tuck are all jumps
transfer	Take actions from the floor to apparatus
muscle tension	Show strength in your leg/ arm/ tummy muscles
take off	leave the ground/ apparatus
landing	Coming down
travel	moving
linking	Joining together

## Sequence of Learning

Choose 3 jumps and link them together;  
 Transfer like sequence on to small apparatus;  
 Identify and demonstrate different body shapes;  
 Link jumps and shapes into a simple sequence;  
 Discover ways of travelling and link the movements;

## Spring 1

### Final Outcome:

To perform a short movement pattern, using 3 ways of travelling. Choose a shape to start and finish.



## National Curriculum Key Skills:

Master basic movements and developing agility, balance and co-ordination (ABCs)

Remember and repeat actions showing accuracy & consistency when performing

Show a variety of balances

Demonstrate the basic body shapes (wide, curled, long and twisted)

Choose and link actions (from a small range)

## Key Questions:

How many different travel actions can you think of?

How can you show good body tension?

How do we land safely?

## Equipment needed:

Mats, hoops, wall bars, low apparatus, ropes, cones,