

Year 1 Gymnastics: Rock, Spin, Jump!

Key Vocabulary

'Like actions'	Star, pencil, tuck are all jumps
transfer	Take actions from the floor to apparatus
unison	together
canon	Same actions at different times
rocking	continuous movement back and forth- dish, arch
turning	Moving around- clockwise or anticlockwise
jump	Star, pencil, tuck,
roll	Forwards, pencils, teddy, backwards

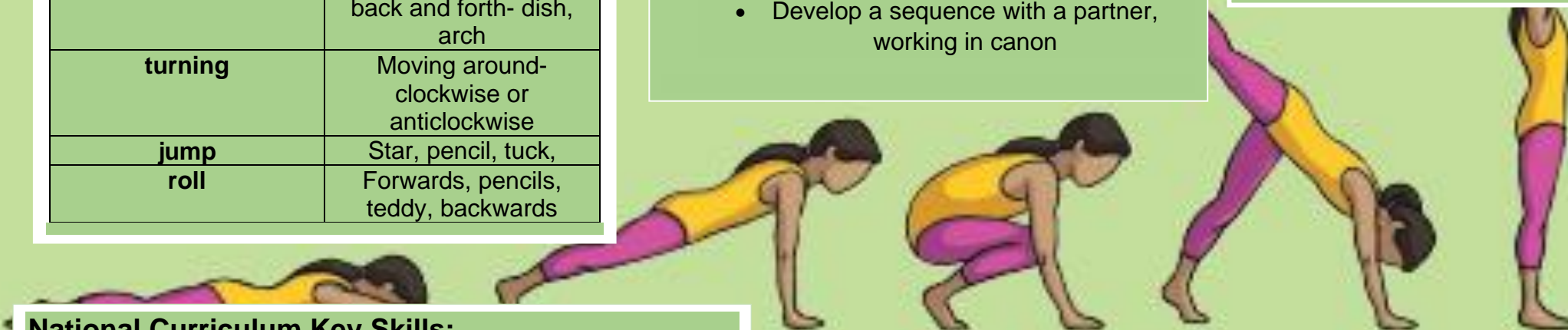
Sequence of Learning

- Transfer work from floor to small apparatus safely
 - Develop rocking techniques
- To spin and turn on different body parts
- Explore how to use different levels in a sequence
- Develop a sequence in unison with a partner
- Develop a sequence with a partner, working in canon

Spring 2

Final Outcome:

Work with a partner to build a sequence using 4 different actions from rocking, spinning, jumping, rolling, balancing and travelling. Perform in either unison or a canon.



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 rolling actions showing definition of body shape

Show a variety of jumping actions

Climb/ hang/ swing using various pieces of apparatus and show increasing control and coordination

Equipment needed:

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

Key Questions:

How many shapes can you identify in others performances?

How is canon different from unison?