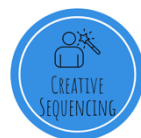




YEAR 1/2 PE: GYMNASTICS



SPORTING ICON: BETH TWEDDLE



Weeks of teaching	Line of enquiry	Threshold concept	Substantive knowledge	Disciplinary knowledge	Curriculum endpoint
1	Shapes	*Develop practical skills in order to participate, compete and lead a healthy lifestyle	*tuck – curl knees into chest *star – arms and legs stretched out wide *straddle – sat on bottom with legs open and arms open and stretched *pike – sat on bottom with legs straight and together, arms straight and together *name at least 2 other body parts they could perform the shapes on. *each shape should be held for 3 seconds	*copy and remember actions *show contrasts (such as small/tall, straight/curved, and wide/narrow) *stretch and curl to develop flexibility	*master basic movements including running, jumping,
2	Travel	*Develop practical skills in order to participate, compete and lead a healthy lifestyle	*land with bent knees *name at least 3 different animals they can travel like *moves can be linked together with a shape	*copy and remember actions *move with some control and awareness of space	

			*only jump off equipment with a mat		throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
3	Balance	*Develop practical skills in order to participate, compete and lead a healthy lifestyle	*body is squeezed tight to hold a balance *an object in the room can be focused on to help maintain balance *mirror balances should match each other when looking at each other *matching balances should be identical when stood next to each other	*hold a position whilst balancing on different points of the body *stretch and curl to develop flexibility *climb safely on equipment *link two or more actions to make a sequence	
4	Rolling	*Develop practical skills in order to participate, compete and lead a healthy lifestyle	*name at least 2 different rolls that can be performed (teddy bear roll, egg roll, log roll)	*travel by rolling forwards, backwards and sideways *link two or more actions to make a sequence	
5	Jumping	*Develop practical skills in order to participate, compete and lead a healthy lifestyle	*you can jump from 2 feet or 1 foot *land with bent knees *name at least 3 different jumps; straight, tuck, star, straddle, pike	*climb safely on equipment *jump in a variety of ways and land with increasing control and balance *show contrasts (such as small/tall, straight/curved and wide/narrow) *link two or more actions to make a sequence	
Assessment opportunity: Children create and perform a short gymnastic routine incorporating travel, balance, rolls and jumps to the rest of the class.					