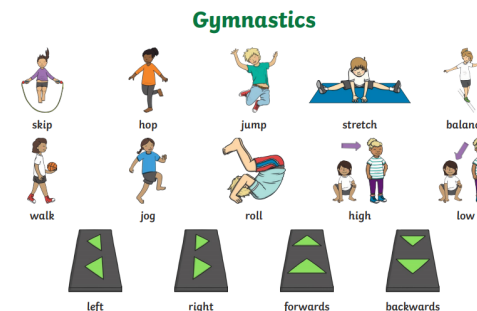


KS1 PE Knowledge Organiser

Year 1 Autumn

Gymnastics



What I will learn (sticky knowledge)
I can copy and explores basic movements with some control and coordination.
I can perform different body shapes
I can performs at different levels
I can perform 2 footed jump
I can use equipment safely
I can balances with some control

What I should already know
I can show good control and co-ordination in large and small movements.
I can move confidently in a range of ways, safely negotiating space

What I will learn next
I can explores and creates different pathways and patterns.
I can use equipment in a variety of ways to create a sequence
I can link movements together to create a sequence

Key Vocabulary	Definition
Roll	to move by turning over and over
Slow	not moving or not able to move quickly
Body parts	a part of the human body, such as the arm, chest, nose, neck, or knee
Travel	to journey from place to place.
Stretch	to spread out or reach out to the full length
Wide	reaching across a large area from side to side
Balance	to hold steady
Narrow	not wide or broad.