



## Jerry Clay Academy Subject Unit Overview

**Subject:** PE – Gymnastics    **Year Group:** Year 1    **Term:** Autumn

### Core Learning of This Unit:

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- Perform dances using simple movement patterns

### Prior Learning:

|   |  |   |   |
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| <p><b>LF</b></p> <p><b>Actions</b></p> <ul style="list-style-type: none"> <li>• balance on large body parts</li> <li>• travel on feet - walk; run; hop; skip; bounce</li> <li>• travel on hands and feet</li> <li>• jump from two feet to two feet</li> <li>• land safely</li> <li>• stop</li> <li>• climb</li> <li>• have different body parts in contact with the floor</li> <li>• turn to change direction</li> <li>• handle small equipment e.g. hoops; ropes</li> </ul> <p><b>Dynamics</b></p> <ul style="list-style-type: none"> <li>• fast and slow</li> <li>• forwards and backwards (changing front)</li> <li>• big and small body shapes (size)</li> </ul> <p><b>Space</b></p> <ul style="list-style-type: none"> <li>• move on the spot</li> <li>• travel: <ul style="list-style-type: none"> <li>• in confined personal space</li> <li>• from one space to another space</li> <li>• into and out of (hoops; rope squares etc.)</li> <li>• over and along (lines; ropes; planks etc.)</li> <li>• onto and off apparatus</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>• move spontaneously within available space</li> <li>• show awareness of others and obstacles in space</li> <li>• respond appropriately to simple movement tasks</li> <li>• link simple combinations of travelling, balancing and jumping, and simple variations of each of these actions</li> <li>• combine very simple changes of direction, speed and shape</li> </ul> | <ul style="list-style-type: none"> <li>• observe and identify basic actions and dynamics</li> <li>• copy and repeat simple actions</li> <li>• copy and repeat simple combinations of actions and dynamics e.g. slow and fast walk; balance in small shape and in big shape</li> </ul> | <ul style="list-style-type: none"> <li>• observe that the body becomes tired during exercise and that vigorous exercise results in being out of breath</li> <li>• show an understanding of the body's need to rest when it feels tired or is out of breath</li> <li>• show some understanding that exercise is important to good health</li> <li>• observe that the body (muscles) become harder when tensed or stretched</li> <li>• handle and place items of equipment safely e.g. without rushing; with awareness of others in the space; positioning equipment away from walls, obstacles etc.</li> </ul> |
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### National Curriculum Statements:

Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- perform dances using simple movement patterns

### Significant People



#### Simone Biles

Simone Biles dominated women's gymnastics in the lead up to the Rio 2016 Olympic Games, winning three straight World all-around titles – a first by a woman – from 2013-2015. She followed those wins by taking the all-around gold medal in Rio.

### Key Vocabulary:

- Forwards
- Backwards
- Matt
- Still
- Body parts
- Hold