### **Gymnastics Knowledge Organiser - Year R**



Children are beginning their learning journey in gymnastics. We have created a fun scheme through a space theme- it is important to introduce the key terminology when using the fundamental shapes e.g. Tuck Shape (we **tuck** our body in to look like a moon)



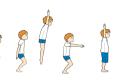




- Jumps

- Rolls





Straight iump



Agility







- Balances







Co-ordination Strength

Flexibility

Balance



**GYMNASTICS** 

### Thinking Me

Think about others when moving around

#### Value Me

- Kind - being kind and taking it in turns

#### Social Me

- Take it in turns to use the apparatus
- Look out for my friends when moving around

#### **Physical Development:**

Negotiate space and obstacles safely; with consideration for themselves and others.

Demonstrate strength, balance and co-ordination.

Move energetically, such as running, jumping, hopping, skipping and climbing.

# Key Knowledge

Shapes - Keep strong - Mr or Miss strong!

Jumps - Land safely on two feet and bend knees

Rolls - Tuck rock (keep chin and knees **tucked** in)

Apparatus - Move along these carefully

## **Key Vocabulary**

Jump

Strong

Rock

Move

Safe

Crawl

Stretch

Star