



Physical Education

Gymnastics Year 1

Unit Purpose

The unit of work will **develop** pupils' ability to apply 'champion gymnastics' as they explore movements and balances on **big** and **small** body parts in **wide**, **narrow** and **curled** ways on the floor and on apparatus. Pupils will **transition** between the theme words as they link movements together developing simple sequences.

Inspire Me

Did you know... Gymnastics is a sport which involves doing lots of different exercises. Gymnasts need to be strong and flexible and be able to balance with control.



Key Success Criteria

- P** Pupils will be able to move and balance using big and small body parts in wide, narrow and curled ways, applying 'champion gymnastics' and start to link movements.
- C** Pupils will experiment moving in a variety of ways understanding the differences between each type of movement. Pupils will be creative as they link movements.
- S** Pupils will demonstrate life skills such as empathy and fairness as they work safely with each other. Pupils will support each other and share apparatus.
- W** Pupils will develop their self belief and courage as they travel with confidence on the floor and on apparatus, creating their own ways of moving and balancing.



Vocabulary for Learning

Champion Gymnastics: 'Champion' refers to when pupils are being silent, pointing their fingers and toes and are still when they make a shape/balance.

Wide: This means moving or balancing in ways where the body is extended (arms and legs) horizontally away from the centre of the body. For example a star jump is a wide movement.

Narrow: This means moving or balancing in ways where the body stretching (arms and legs) vertically away from the centre of the body. For example, a pencil jump is a narrow way of moving.

Curled: This means to move or balance rolling our body up tightly. A forward roll is an example of moving in a curled way.

Big: This means moving or balancing in ways where the body is extended as large as possible.

Small: This means moving or balancing in ways where the body is made as small as possible.



Sport Specific Vocabulary

Interesting: This means pupils are thinking and being creative.

Linking: This means successfully adding two movements together so that they flow one after the other.





Physical Education

Team Building Year 1

Unit Purpose

The unit of work will introduce **teamwork**. Pupils will explore and learn why it is important to **include** everyone when working as a team and what makes an **effective** team. Pupils will begin to explore simple **strategies** to **solve** problems.

Inspire Me

The **Apollo 11** mission to the moon in 1969 is an excellent example of team work. Neil Armstrong became the first man to walk on the moon, but without his supporting team he would not have been able to achieve his mission.



Key Success Criteria

- P** Pupils will use developing teamwork skills in pairs and small teams to complete all of the challenges successfully.
- C** Pupils will begin to understand what makes an effective team and why we must include everyone. Pupils will start to create simple tactics.
- S** Pupils will develop life skills such as empathy and fairness as they work together to complete the challenges.
- W** Pupils will develop life skills such as courage and self belief as they try their hardest to complete the different challenges.



Vocabulary for Learning

Teamwork: Teamwork is the combined effort of a group to achieve a goal or complete a task in the most effective and efficient way.

Inclusion: Inclusion means to include everyone in the activity or within a team no matter their ability. No one should be left out.

Communication: Is the method of transferring information from one person or a group to another. Types of communication include: verbal, nonverbal, written and visual.

Cooperation: Cooperate is another word used to define teamwork, meaning to work together to achieve a goal or complete a task in the most effective way possible.

Trust: Is the ability to have the confidence to believe in the actions of your partner or team.



Sport Specific Vocabulary

Team Member: A team member is an individual within a team who has a specific role and responsibility to perform. Team members need to cooperate and work together to enable their team achieve its goal.

Fairness: Fairness: is when we make judgements in accordance with the rules and treat everyone equally and fairly.

