


<p>Prior Knowledge & Skills— Early Learning Goals</p> <p>Negotiate space and obstacles safely, with consideration for themselves and others;</p> <p>Demonstrate strength, balance and coordination when playing;</p> <p>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>	Key Vocabulary		<p>Famous Sportsperson— Max Whitlock</p> <p>Max Whitlock is a British gymnast. He was the first Briton to win a gymnastics gold medal at the Olympic Games, which he did on both the pommel horse and floor at the Rio Games in 2016. Throughout his career he has also won many World and European titles.</p> 
	Word	Definition	
	Actions	A movement in gymnastics. It could be a rikk, jump, travel, spin or balance.	
	Apparatus	Equipment used in gymnastics, for example benches, tables, beams, wall bars.	
	Balance	To stay still in a position for 3 seconds.	
	Extension	Straightening limbs and or trunk.	
	Levels	Height at which you are performing, e.g. low (close to the ground) or high (on tip toes)	
	Matching	Copying the same actions as your partner at the same time.	
	Points	Parts of your body in contact with the floor or apparatus.	
	Roll	Rotation of the body. Could be a pin roll, egg roll, forward roll etc.	
<p>Key Knowledge & Skills</p> <p><u>Year 1:</u></p> <p>Jump off from one or two feet and land on one or two feet.</p> <p>Show control and co-ordination when moving.</p> <p>Copy simple actions/movements.</p> <p>Holds body weight/position of stillness for short periods of time.</p> <p><u>Year 2:</u></p> <p>Jump off from one or two feet and land on one or two feet with control.</p> <p>Hold individual balances using a variety of body parts.</p> <p>Develop postural control when performing physical actions.</p>	Sequence	Linking together more than one action.	
	Spin	Keeping one point of contact with the floor and turning.	
	Travel	Getting between two places using repeated movements.	
		<p>Local Clubs</p> <p><u>Norfolk Academy of Gymnastics</u> are a local gymnastics club in Besthorpe. To find out more contact info@tnag.co.uk</p> <p><u>Easton Gymnastics Club</u> are another local club. More information is available at https://www.eastongymnasticsclub.com</p> <p>Future Learning—Year 3 Gymnastics</p> <p>Demonstrate different types of jumps with one and two feet take—offs and landings.</p> <p>Holds individual and partner balances with control.</p> <p>Describe what the core is and demonstrates how it supports the body.</p>	