

ELG + Subject Area: EYFS Physical Development & KS1 Physical Education – Gymnastic Movements

Question-based Learning Project	<u>Intent</u> To know..	'Sticky Knowledge' Interesting Facts EYFS & National Curriculum		Vocabulary
<p>Nursery</p> <p>Weekly PE session with AVSSP Sports Coach</p>	<ul style="list-style-type: none"> - how to move in a range of ways - how to use large muscle movements using scarves (lines, circles, spirals, humps, figures of 8) - some vocabulary of Gymnastics - how to perform basic actions 		<p>3-4 years:</p> <p><u>Physical Development</u></p> <ul style="list-style-type: none"> - go up steps & stairs or climb up apparatus, using alternative feet - skip, hop, stand on one leg & hold a pose for a game like 'Musical Statues' - use large muscle movements to wave flags & streamers, paint & make marks 	<ul style="list-style-type: none"> - stop, listen, slithering, shuffling, sliding, rolling, crawling - up, down, sideways, circles, spiral, humps - walking, jogging, sprinting, hopping, jumping, turning, skipping
<p>Reception</p> <p>Balance Bike training</p> <p>On-going</p> <p>Weekly PE session with AVSSP Sports Coach</p>	<ul style="list-style-type: none"> - how to balance on a bike – moving + travelling with confidence - various themes of sport and exercise including gymnastics 	<p><i>* most major gymnasts start their careers as early as two years old!</i></p>	<p>Reception:</p> <p><u>Physical Development</u></p> <ul style="list-style-type: none"> - revise and refine the fundamental movement skills they have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping - climbing - progress towards a more fluent style of moving, with developing control and grace - develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical 	<p>Apparatus – equipment used in the lesson</p> <p>Balance – holding a position still</p> <p>Cartwheel – a movement sideways from feet to hands.</p> <p>Dismount – the skill of getting off the equipment</p>

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			<p>education sessions and other physical disciplines including gymnastics</p> <ul style="list-style-type: none"> - combine different movements with ease and fluency - confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. - develop overall body-strength, balance, co-ordination and agility <p>ELG</p> <p><u>Gross Motor Skills</u></p> <ul style="list-style-type: none"> - negotiate space and obstacles safely, with consideration for themselves and others - demonstrate strength, balance and coordination when playing - move energetically, such as running, jumping, dancing, hopping, skipping and climbing <p><u>AVSSP</u></p> <ul style="list-style-type: none"> - able to perform a standard jump off apparatus with a safe landing - able to perform one named roll with correct technique (pencil, egg) - able to balance and support full body weight on hands and feet 	<p>Handstand – a balance on their hands with their feet straight in the air.</p> <p>Mount – the skill of getting on to a piece of equipment.</p>
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<p>Year 1</p> <p>Weekly PE session with AVSSP Sports Coach</p>	<p>- various themes of sport and exercise including gymnastics</p>	<p><i>* The ancient Greeks prepared their men for war using gymnastics</i></p>	<p>National Curriculum</p> <ul style="list-style-type: none"> - master basic movements and deliver balance, agility and co-ordination, and begin to apply these in a range of activities <p>AVSSP</p> <ul style="list-style-type: none"> - make body curled, tense, stretched and relaxed - control body when travelling and balancing - copy sequences and repeat them - roll, curl, travel and balance in different ways - perform one gymnastics movement with a clear start and finish position. - able to perform at least one specific type of jump (tuck, start, pencil) with a safe landing - able to perform two named rolls (pencil, tuck, rock and roll) - able to balance using hands and feet on various pieces of equipment 	<p>Splits – where you go to the ground and place on leg on the floor flat facing forwards and the other legs flat in the opposite direction.</p> <p>Tuck – a jump with knees to their chest.</p> <p>Apparatus – equipment used in the lesson</p> <p>Balance – holding a position still</p> <p>Cartwheel – a movement sideways from feet to hands.</p> <p>Dismount – the skill of getting off the equipment</p> <p>Handstand – A balance on their hands with their feet straight in the air.</p> <p>Mount – The skill of getting on to a piece of equipment.</p>
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<p>Year 2</p> <p>Bikeability training</p> <p>Weekly PE session with AVSSP Sports Coach</p>	<p>- how to ride a bike</p> <p>- various themes of sport and exercise including gymnastics</p>	<p><i>* In women's gymnastics, there are four activities: floor, uneven bars, balance beam, and vault</i></p> <p><i>* In men's gymnastics, there are six activities: floor exercise, parallel bars, high bar, pommel horse, vault, and rings</i></p>	<p>National Curriculum</p> <ul style="list-style-type: none"> - master basic movements and deliver balance, agility and co-ordination, and begin to apply these in a range of activities <p>AVSSP</p> <ul style="list-style-type: none"> - plan and perform a sequence of movements - improve sequence based on feedback - think of more than one way to create a sequence which follows some 'rules' - perform a sequence of more than two gymnastics movements with a clear start and finish position - able to safely negotiate all gymnastic equipment - able to perform three basic rolls and jumps - able to create a 1,2,3,4,5, 6 point balance which they can hold for more than 5 seconds 	<p>Splits – where you go to the ground and place on leg on the floor flat facing forwards and the other legs flat in the opposite direction.</p> <p>Tuck – a jump with knees to their chest.</p> <p>Apparatus – equipment used in the lesson</p> <p>Balance – holding a position still</p> <p>Cartwheel – a movement sideways from feet to hands.</p> <p>Dismount – the skill of getting off the equipment</p> <p>Handstand – a balance on their hands with their feet straight in the air</p> <p>Mount – the skill of getting on to a piece of equipment</p>
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Additional Provision:

Infants – Play Leaders, Junior School ‘Sports Leaders’, Year 2 Mini—Leaders

Year 1 + 2 – Physical Literacy - Targeted weekly group to improve core strength & fine/gross motor skills