

KS1 Knowledge Organiser

PE - Gymnastics

Inspirational Athlete



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European Champion
Under 18s 2019

Key Vocabulary

Balance	Jumping
Control	Landing
Copy	Apparatus
Travel	Sequence
Stretch	Skills
Roll	Jumping
Relax	Landing
Curl	Apparatus
Shape	Sequence



L Shape



Tuck



Pike



4 point balance



Partner balance

How many different ways can you balance?

End of Key Stage Expectations

- I can move in a variety of ways.
- I can make my body tense and relaxed.
- I can copy sequences and repeat them.
- I can roll in different ways.
- I can travel in different ways.
- I can balance in different ways.
- I can stretch in different ways.
- I can curl in different ways.

