

Jumping

Landing

Apparatus

Sequence

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Landing

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Sequence

Skills

Key Vocabulary

Balance

Control

Copy

Roll

Relax

Shape

Curl

Travel

Stretch

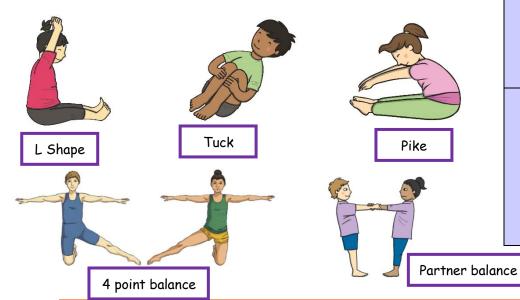
KS1 Knowledge Organiser PE - Gymnastics

Inspirational Athlete



Adam Tobin

European Champion Under 18s 2019



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.

