



# Class Cremyll

## PE

### Gymnastics

**Master basic movements, developing balance, agility and coordination.**

**Create movement patterns.**

First, we listened to the story 'The Three Billy Goats Gruff' and created our own balances to represent each of the main characters.



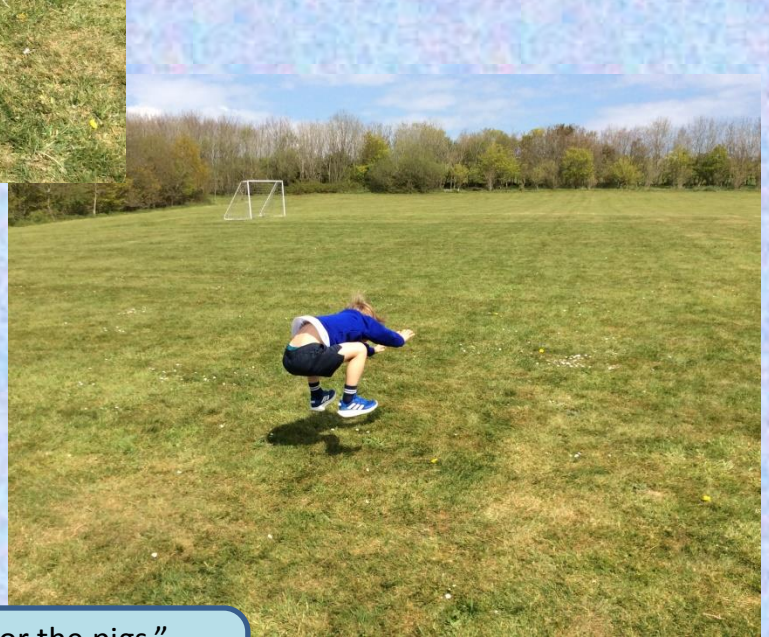
"I made a wide shape for the biggest Billy Goat Gruff and a small shape for the littlest one."  
"In our sequence, I reached out like the troll and we held the balance."



Then we added them all together to create a sequence.



We used The Three Little Pigs as our inspiration and explored creating different ways to travel. Then we linked three different types of travelling together to create the sequence of the little pigs getting away from the wolf.



"You could sneak like the wolf or jump and skip for the pigs."  
"You could step ball change to travel."



The Gingerbread Man was our inspiration for learning and practising 'egg rolls' and 'log rolls'. We also practised straight jumps and imagined we were jumping onto the fox's back!



A log roll to show the gingerbread being rolled out.



"He put his arms up in the air and pointed his fingers to get more height and stay straight."

"Swinging your arms up gives you more balance."



An egg roll to show the mixture being stirred.



A dish roll to represent the bowls of porridge.



We enjoyed using the story of 'Goldilocks and the Three Bears' to help us learn and practise 'dish rolls' and we created different balances to represent each bear. Then we put together sequences to show what happened in the story.

"I liked the way he used the same balance for the three chairs but they were different sizes."

"The way she travelled helped to tell the story."





The Enormous Turnip was our inspiration to practise a front support before working together with a partner to practise being in the wheelbarrow position.



Finally, we created a sequence to represent the turnip being pulled out of the ground.

“Having good technique is really important because it will protect your back.”

“Work well together and think about the other person.”



PE

FLE Y1/2

Gymnastics – Traditional Tales.



## Knowledge

Before we begin any sport or exercise, we need to warm up to prepare our bodies and to avoid hurting our muscles. FF

At the end of any exercise or sport, we need to cool down to help our bodies recover. FF

We can use our bodies to create different shapes, for example, curved shapes like a bridge and tall, solid shapes like a brick house.

To lift a PE mat safely we need 4 children, 2 on each long side.

You point the equipment in the direction you want to go.

Always make sure that your pathway is clear when moving equipment.

Create a long thin shape with your body to perform a log roll.

Stand with your feet hip distance apart to perform a straight jump and remember to bend your ankles, knees and hips when landing.

Remember to look around the space when you are travelling.

Regular sport and exercise help us to stay healthy. FF

## Exciting Books



## Our Endpoint

A sequence with a clear beginning, middle and end.

## Subject Specific Vocabulary

|              |   |
|--------------|---|
| sequence     | a group of things that come one after another                                       |
| balance      | to hold your body position still  |
| flexibility  | to have the full range of movement in your body                                     |
| control      | to be in charge of your body movements  |
| coordination | the ability to use different body parts together smoothly                           |
| apparatus    | equipment used for sports activities or exercise                                    |
| agility      | to change the direction of your body movement quickly and easily                    |
| gymnastics   | a sport that includes exercise requiring strength, balance, flexibility and agility |

### Skills

- Explore, copy and repeat simple skills and actions
- Remember and repeat simple sequences
- Begin to move with increasing control and care
- Make simple moves with increasing control and coordination