

# PHYSICAL EDUCATION KNOWLEDGE ORGANISER

## Year 1 Gymnastics activities – Introduction to jumping & landing

### I will learn...

#### HANDS

how to jump and land correctly.  
 how to jump in different directions.  
 how to practise making shapes when jumping.  
 how I can jump in different ways.  
 how I can travel in curled up and stretched shapes.  
 how to jump off, over and along apparatus.  
 to use different ways of travelling in between my jumps.

#### HEAD

how I can plan & put together a sequence on my own.  
 about interesting ways to travel on different levels and be able to talk about them.  
 to decide how well a jump or travel action was performed.  
 to talk about how a jump or travel action could be improved.

#### HEART

to be safe at all times and follow instructions.  
 how to work on my own whilst taking turns and sharing space and apparatus with others.  
 to listen to others when they are talking and watch them if they are performing to the class.  
 why we warm up at the start of a lesson and why we need to stay healthy.  
 to be determined to do my best & that it's OK to ask for help.

**Key questions:** What sorts of things do you do in gymnastics? What is a sequence? How many different ways of travelling around the room can you think of? What are the three levels? Can you make your body long & thin or small and curled when jumping and travelling? Why do we need to be careful & safe when using apparatus? What does along mean? How many different ways can you jump along the benches? What ways can you travel without running or walking?

### Key vocabulary:

**Jump** – use muscles in legs to quickly push feet off a surface to lift body in air.

**Land** – come back to a surface onto feet after a jump, bending knees to absorb impact and stretching out arms to sides to ensure balance is maintained.

**Travel** – moving from one place to the other in different ways and directions.

**Sequence** – gymnastics actions such as jumps, balances and travel actions performed one after the other, linked together smoothly on floor & using apparatus.

**Curled up** – make the body into small shapes with legs tucked in when balancing and travelling.

**Stretched** – make the body into long, thin & wide shapes when balancing and travelling.

**Exercise** – activity using the body that maintains or improves fitness.

**Levels** – Shapes, linking moves and travel actions can be performed with the body on low, medium and high levels.

**Healthy** – when the body or mind are in good condition and complete well-being

**Warm-up** – prepare the body for exercise with gentle actions and stretching.

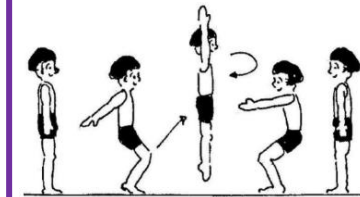
**Improve** – Try to make execution of skills or the performance of a sequence better.



Star jump



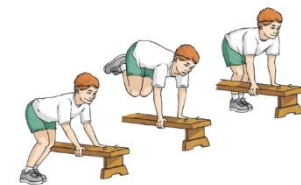
Tuck jump



Half turn jump



Hopscotch



Bunny hop



Squat on jump



Straddle on jump