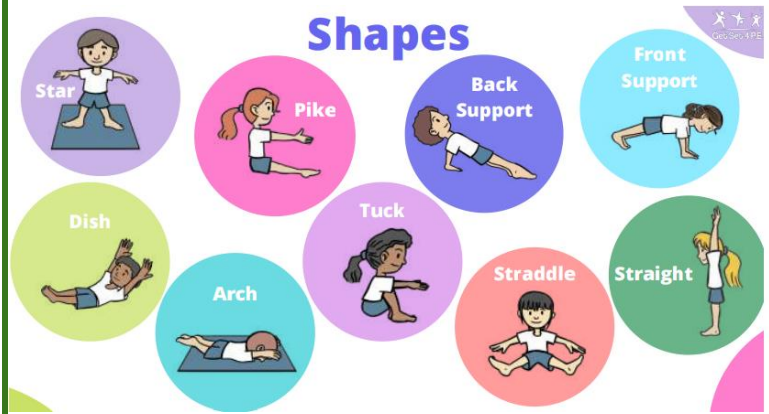



Autumn 2 - Knowledge organiser: Year Reception/Year 1 Gymnastics

Animals

 <p>Shapes</p> <p>Star, Pike, Back Support, Front Support, Dish, Arch, Tuck, Straddle, Straight</p> <p>Gymnastics is a sport that includes exercises requiring balance, strength, flexibility, agility, coordination, and endurance. The movements involved in gymnastics contribute to the development of the arms, legs, shoulders, back, chest, and abdominal muscle groups.</p>	 <p>Vocabulary: curl relax tense shape travel stretch direction speed control balance climb jump still movement land action body</p>
<p>I can carry and place apparatus I can travel safely in different ways I can travel at different speeds and levels I can make and hold different shapes I can link two actions with a movement</p>	

