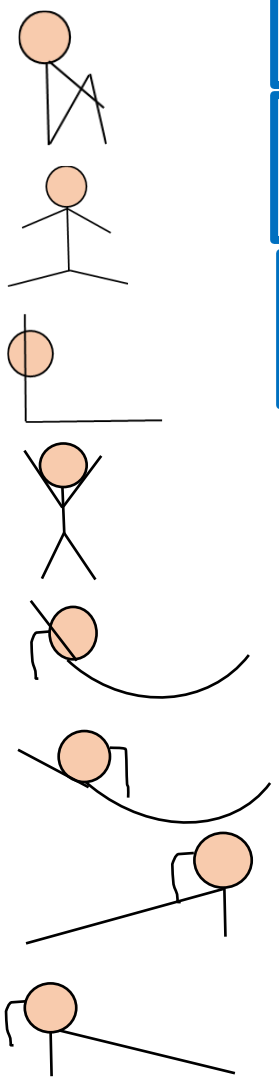
Basic Shapes



Tuck: Straight back, toes pointed, legs together.

Straddle: Straight back, arms out to the side, legs straight.

Pike: Straight back, arms by ears, legs together and straight.

Star: Extended legs and arms.

Dish: Lying on back, legs and arms straight lifted off the floor.

Arch: Lying on front, legs and arms straight lifted off the floor.

Front support: Leaning on arms, legs straight, tummy facing floor.

Back support: Leaning on arms, legs straight, back facing floor.

Gymnastics

The children will be exploring different movements (an act of moving), rolls, jumps and shapes to create sequences (a set of related movements followed in order).

Key vocabulary:

Movement

Shapes

Rolls

Log

Barrel

Front

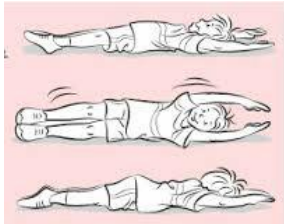
Jumps

Sequences

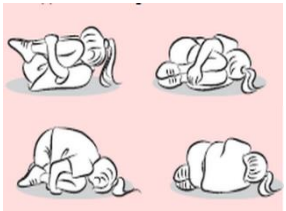
Pointed toes

Balance

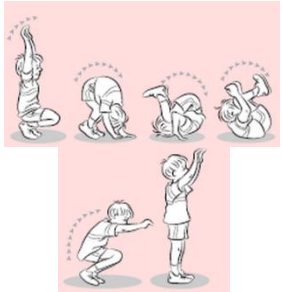
Types of Rolls



Straight roll: Arms straight by ears, leg straight with toes pointed. Keeping straight roll.



Barrel roll: Legs pulled towards chest, arms wrapped around, head tucked in, then roll.



Front roll: Crouch down, hands on the floor, head tucked in, roll over and stand up straight.

Types of movement

Running

Walking

Crawling

Hopping

Skipping

Jumping

Rolling

The children will try to show the <u>games values</u> in their PE sessions. The children that do this will be awarded the 'Player of the Week' certificate in Celebration Assembly.

The value we will be focusing on this term is <u>Passion!</u>