

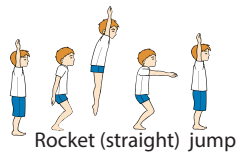
# Gymnastics Knowledge Organiser - Year 1

Prior Learning: In early years, children experimented with different shapes, jumps, rolls and balances. They began to move around in different ways.

## Key Skills

### Physical Me

#### - Jumps

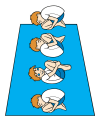


Rocket (straight) jump



Star jump

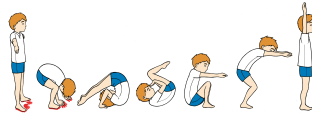
#### - Rolls



Moon roll (tuck roll)



Rocket roll



Star forward roll

#### - Balances



Spaceship  
(Arabesque)



Alien  
(Stork balance)

Strength

Flexibility

Balance

Co-ordination

Agility

Climbing

### Thinking Me

- To improve my performance

### Value Me:

- Determination-  
try, try, try again!

### Social Me

- Co-operate  
with others  
- Be a Mini Coach

## Inspirational Athletes

British twin gymnasts  
Jessica and Jennifer Gadirova  
who won Olympic bronze  
medals side by side.



## Key Knowledge

Shapes - Keep strong-when performing a shape.

Jumps - Land on two feet and bend at the knees

Balances - Hold shapes for 3 seconds

Rolls - Good control - moon roll **tucked** in.  
Rocket roll, stretch out and point toes.

## Key Vocabulary

Rocket jump

Moon rock

Star jump

Moon Roll

Rocket Roll

Balance