



# PE Topic Journey Overview Y1

Y1 PE Topic: Gymnastics

# PE Topic: Y1 Gymnastics Balance

<p>Lesson 1 Key Skills: To explore gymnastic actions and still shapes</p> <p>Activities: Explore balancing in a variety of ways. Balance on a variety of small body parts Travel, stop, balance on a small body part Explore balancing on large body parts Travel, stop, balance on a large body part Explore rolling sideways Roll in a long shape ie. log roll, roll in a tucked shape, ie curled roll. Make any shape and roll Practice some of the above in a sequence Show demonstration, describe sequence and give observation points. Continue to practice sequence and perform sequence to others.</p> <p>Outcomes: Children to show a range of balances and start to use them in a sequence.</p>	<p>Lesson 2 Key Skills: To watch, copy and describe what they or others have done</p> <p>Activities: Recap floorwork from last week. This week focus more on the sideways rolls. Make any shape as you roll sideways, watch and copy partners roll. Run, stop, balance on small or large body part Follow and copy partner as they run, stop and balance. Change roles. Suggest to children while they watch others working that they could copy others actions and look to improve them. Practice and refine sequence, watch and describe partners sequence Describe partners sequence Copy partners sequence Change roles and repeat above</p> <p>Outcomes: Children to watch describe and copy accurately a short sequence of basic actions</p>	<p>Lesson 3 Key Skills: To begin to use small apparatus</p> <p>Activities: Recap floorwork sequence from last week. Set out small apparatus teaching safety points on how to set out and use small apparatus Explore different ways of balancing on apparatus on small/large body parts Explore different ways of balancing partly on floor and partly on apparatus Transfer floorwork sequence on to apparatus where appropriate. Put away apparatus safely</p> <p>Outcomes: Children to carry, place and use appropriate apparatus safely</p>
<p>Lesson 4 Key Skills: To begin to perform a sequence using apparatus</p> <p>Activities: Refine floorwork sequence Balance on large body part, roll sideways – log/curled/any shape Set out small and some larger apparatus Remind safety points on how to set out and use large apparatus including mention of mats as landing points, not to protect falls. Explore balance and rolling sideways on large apparatus Practice a sequence Perform a sequence and evaluate Put apparatus away safely</p> <p>Outcomes: Children to perform a basic sequence using apparatus</p>	<p>Lesson 5 Key Skills: To copy or create movement phrases with beginnings, middles and ends</p> <p>Activities: Refine floorwork sequence and copy partners sequence Set out large apparatus safely Briefly recap apparatus work from weeks 3 and 4 Practice sequence with emphasis on ensuring it has a clear beginning, middle and end Watch and discuss demonstration Perform sequence Put apparatus away safely</p> <p>Outcomes: Perform movement phrases(beginning,middle and end) with control and accuracy</p>	<p>Lesson 6 Key Skills: To watch, copy and describe what they and others have done</p> <p>Activities: Recap and refine balancing on small/large body parts Think about tension as you hold your balance Extend the toes, fingers, really stretch Set out the large apparatus safely Travel along/on apparatus on feet, on command balance on large/small body part Recap simple side rolls on apparatus Practice and refine sequence Watch partner perform Change roles and repeat Copy and follow partner as they perform sequence Perform own or partners sequence Put apparatus away safely</p> <p>Outcomes: Copy, evaluate and improve own and a partner’s sequence of movement</p>
<p>Resources: Gymnastic mats (sufficient to be used by pairs), benches, nesting platform tables, large apparatus wallbars</p>	<p>After school club</p>	<p>Out of school links</p>

# PE Topic: Y1 Gymnastics :Pathways

<p><b>Lesson 1</b> Key Skills: To perform movement phrases using a range of body actions and body parts, but varying the pathway</p> <p>Activities: Explore travelling in a variety of ways on any body part. Discuss pathways i.e. zig-zag, curved, straight. Travel on feet along given pathway, travel on hands and feet along given pathway Explore rolling sideways Roll sideways with a one leg lead Explore rolling forwards if children feel ready Practice sequence and demonstrations Describe sequence and give observation points Continue to practice and then perform sequence</p> <p>Outcomes: Make up and perform simple movement phrases using different pathways</p>	<p><b>Lesson 2</b> Key Skills: To recognise how their body feels when still and when exercising</p> <p>Activities: Recap floorwork sequence from last week. Introduce terms tension and relaxation Recap safety points on how to set out small apparatus and set it out Explore different ways of approaching, travelling over and different ways of jumping off apparatus Recap safety points on landing i.e. bend knees Try to find different ways of getting off apparatus Ask how the body feels like when carrying out the various activities including carrying apparatus, rolling and jumping. Tension and relaxation Perform sequences</p> <p>Outcomes: Know when their body is active and talk about the difference between tension and relaxation</p>	<p><b>Lesson 3</b> Key Skills: To move confidently and safely in their own and general space using changes of speed, level and direction</p> <p>Activities: Recap rolling sideways from previous weeks Encourage those who are able to roll forwards Roll slow/fast Set out small apparatus safely Explore different ways of travelling on apparatus focussing on different pathways and speeds of travel. Practice sequence and show demonstration Describe sequence and give observation points Continue to practice sequence and perform</p> <p>Outcomes: Children to show good awareness and use of space on the floor, mats and using apparatus</p>
<p><b>Lesson 4</b> Key Skills: To further develop sequences from previous week</p> <p>Activities: Explore balancing on small body parts Remember to hold shape still to make it a balance. Remind the children to recognise what it feels like when their body shows tension and extension Recap safety points on setting out and using apparatus Explore different ways of travelling on and off apparatus Practice and refine sequence Performance of sequence Put apparatus away</p> <p>Outcomes: Children to evaluate and improve their own sequences and those of others.</p>	<p><b>Lesson 5</b> Key Skills: To copy or create and link movement phrases with beginnings, middle and ends</p> <p>Activities: Recap on balancing on small body parts from last week Transfer floorwork to apparatus and explore balancing Explore travelling over, under – think about pathway Plan, practice and improve sequence Think about speed Watch partner perform and evaluate thinking about which pathway they travelled and the way in which they choose movements to link together. Encourage children to ensure sequences have a clear beginning, middle and ending. Continue to practice and improve sequence.</p> <p>Outcomes: Children to be able to link and repeat gymnastic actions they have created</p>	<p><b>Lesson 6</b> Key Skills: To perform movement phrases using a range of body actions and body parts</p> <p>Activities: Recap rolling from previous weeks Set out a range of apparatus. Explore rolling sideways, forwards on apparatus Practice and refine sequence Ask children repeat a simple movement phrase and keep repeating it accurately Performance and evaluation of sequence</p> <p>Outcomes: Perform movement phrases with increasing control and accuracy</p>
<p>Resources: Gymnastic mats (sufficient to be used by pairs), benches, nesting platform tables, large apparatus wallbars</p>	<p>After school club</p>	<p>Out of school links</p>