

Children are beginning their learning journey in gymnastics. We have created a fun scheme through a space theme- it is important to introduce the key terminology when using the fundamental shapes e.g. Tuck Shape (we **tuck** our body in to look like a moon)

## Key Skills

### Physical Me

- Shapes

- Jumps Straight jump

- Rolls Tuck rock

- Balances Experiment with balancing

Co-ordination    Strength  
Agility            Flexibility  
Climbing          Balance

**-Movement on Apparatus in a variety of ways**

### Thinking Me

Think about others when moving around

### Value Me

- Kind - being kind and taking it in turns

### Social Me

- Take it in turns to use the apparatus  
- Look out for my friends when moving around

## Physical Development:

Negotiate space and obstacles safely; with consideration for themselves and others.

Demonstrate strength, balance and co-ordination.

Move energetically, such as running, jumping, hopping, skipping and climbing.

## Key Knowledge

**Shapes** - Keep strong - Mr or Miss strong!

**Jumps** - Land safely on two feet and bend knees

**Rolls** - Tuck rock (keep chin and knees **tucked** in)

**Apparatus** - Move along these carefully

## Key Vocabulary

Jump

Stretch

Strong

Safe

Crawl

Rock

Move

Star

