



**PE**  
Year 1

# Gymnastics

How do we move like champion gymnasts?  
Can I move and balance in a wide way on the floor and using apparatus?

Can I explore the different theme words, narrow, wide or curled? How can I transition between each shape using apparatus?

What is linking? Can I combine narrow, wide and curled movements using linking?

Can I apply 'champion gymnastics' to explore movements and balances using the 'small' parts of our bodies on the floor and on apparatus?

How can we move our body in a curled way and still be a champion? What body parts can we move in a curled way?

What does 'flow' mean? Can I link two movements together using linking so they flow?

**Celebration/Evaluation**  
To perform my sequence in front of my peers.

**Key Vocabulary**  
Champion Dancer, Wide, Narrow, Curled, Transition, Interesting, Linking, Flow

**What to revisit?**  
Y1 Dance—Moving like a 'champion', linking movements and creating balances  
EYFS—body control