



Somerset Bridge Primary School
Aspire - Brave - Care - Collaborate

PE: Year 1 Gymnastics & Dance

Gymnastic Shapes

Star



Straight



Tuck



Pike



Straddle



Key Skills



To explore gymnastic actions and shapes.

To move in different ways, showing changes in speed, direction and level.

To create and perform sequences/routines by linking actions together.

To move expressively, confidently and safely in space.

To perform short routines which include a range of actions.

To recognise simple changes to my body during exercise (breathing and heartbeat)

Equipment/Apparatus

Benches
Beams
Table
Trampoline
Mats
Wedge mat
Climbing frame



Key Vocabulary



Gymnastic shapes	Straight, star, tuck, pike and straddle.
Landing	Safely being able to land on the floor after jumping or dismounting from equipment.
Routines	A sequence of actions regularly followed.
Exercise	An activity carried out for a specific purpose.
Balance	An even distribution of weight enabling someone or something to remain upright and steady.
Sequence	A particular order in which related things follow each other.
Apparatus	The equipment used during gymnastics lessons.



What will I do in Dance?

Dance is all about moving our bodies to a musical rhythm. There are many different types of dance.



In Dance, we will explore space and consider how we can use our bodies to show ideas, moods, characters and feelings.



We will learn how to perform movements safely and begin giving and receiving feedback using the correct words.

