

Physical Education

Year group: 1

Term: Autumn 2



Topic overview – Body Part (Gymnastics)

The unit of work will develop pupils' ability to apply 'champion gymnastics' as they explore movements and balances on big and small body parts in wide, narrow and curled ways on the floor and on apparatus. Pupils will transition between the theme words as they link movements together developing simple sequences

Prior knowledge

Pupils will have knowledge of how to move and balance in big and small ways, applying champion gymnastics criteria, both on the floor and on apparatus.

National Curriculum Objectives

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities



By the end of this unit, I will be able to:

Doing - Pupils will be able to move and balance using big and small body parts in wide, narrow and curled ways, applying 'champion gymnastics' and start to link movements

Thinking - Pupils will experiment moving in a variety of ways understanding the differences between each type of movement. Pupils will be creative as they link movements.

Team Work- Pupils will demonstrate life skills such as empathy and fairness as they work safely with each other. Pupils will support each other and share apparatus.

Wellbeing - Pupils will develop life skills such as honesty and self-belief as they strive to run as fast as possible, ensuring they are playing by the rules.

Key vocabulary

- Small
- Narrow
- Wide
- Curled