

# Year 1 Swans

## PE

### Spring 2

## Gymnastics

and

## Ball Skills

### Gymnastics

Gymnastics is a sport requiring balance, strength, flexibility, agility, coordination and endurance. The movements involved in gymnastics contribute to the development of arms, legs, shoulders, back, chest and stomach muscle groups. To develop these skills it is important to learn how to create shapes with the different parts of the body and learn a sequence of basic movements.



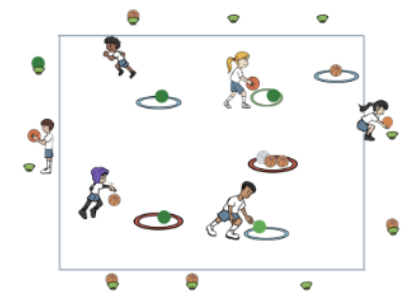
### Teamwork



When working as a team it is important to listen to your partner. It is also important that you give clear instructions in order to keep my partner safe. It is also important to talk, listen and share ideas with other people in order to complete a task.

### Ball Skills

The fundamental ball skills are throwing, catching, rolling and dribbling with both hands and feet. Practicing these skills can help to increase control, accuracy by using co-ordination and balance. Ball skills are important in both team games and individual games.



	Key Vocabulary	Definition
Gymnastics	<i>balance</i>	The ability to maintain the line of gravity within the body
	<i>body</i>	The structure of a human being
	<i>control</i>	The ability to focus on aspects of performance
	<i>muscles</i>	A bundle of tissue inside the body able to contract
	<i>performing</i>	Carry out an action in front of others
	<i>stability</i>	The state of being still in an action
	<i>technique</i>	The skill or ability in a particular sport
Ball Skills	<i>accuracy</i>	The state of being correct or precise in movements
	<i>catching</i>	Intercept and hold something that has been thrown
	<i>dribbling</i>	Manoeuvring a ball by one player while moving
	<i>position</i>	A place where someone or something has been put
	<i>target</i>	A mark or point at which someone aims at
	<i>throwing</i>	Propel something with force through the air by hand

### Warm up and Cool down

Warming up is important because it helps to reduce the amount of injuries which can be caused by playing sport. Cooling down is important because it helps to gradually reduce heart rate and stretch out the muscles which have been used during exercise.

### Warm up ideas:

Jelly on a plate



Fruit bowl

Bug hunt

Action Cones



*End of Unit: Ball Skills and Gymnastics*

*What shapes can be created in gymnastics?*

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*Why are learning ball skills important?*

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*Why is it important to cool down after you exercise?*

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