



Yr R – Term 1b

Gymnastics		Keywords & Phrases
<p><b>Learning Objectives</b></p> <p>Children should learn to:</p> <ul style="list-style-type: none"> <li>• Move with confidence, imagination and in safety</li> <li>• Move with control and co-ordination</li> <li>• Travel around, under, over and through balancing and climbing equipment</li> <li>• Show awareness of space, of themselves and others</li> <li>• Use a range of small and large equipment</li> </ul> <p>This unit also makes a contribution to children learning to:</p> <ul style="list-style-type: none"> <li>• Recognise the importance of keeping healthy and those things which contribute to this</li> <li>• Recognise the changes that happen to their bodies when they are active</li> <li>• Handle objects safely and with increasing control</li> </ul>	<p><b>Activities</b></p> <p>1-2 introductory' PE lessons</p> <p>Rawmarsh            'Gymnastics' Late Foundation Stage (Lesson 1-4)</p>	<p><b>Actions</b></p> <ul style="list-style-type: none"> <li>• stand; kneel; sit</li> <li>• walk; jog; run; hop; bounce; skip</li> <li>• travel; stop; rest</li> <li>• travel on hands and feet</li> <li>• climb</li> <li>• turn</li> <li>• jump; land</li> <li>• stretch</li> </ul> <p><b>Dynamics</b></p> <ul style="list-style-type: none"> <li>• slow; fast</li> <li>• still</li> <li>• forward; backward</li> </ul> <p><b>Space</b></p> <ul style="list-style-type: none"> <li>• over; along; across</li> <li>• into; out of; on; off</li> <li>• big; small</li> <li>• on the spot</li> <li>• find a space</li> <li>• move around the space</li> <li>• move to another space</li> </ul> <p><b>Body parts</b></p>



# Thames View Infants *PE Scheme of Work – Overview and Medium Term Plans*

		<ul style="list-style-type: none"><li>• foot; feet; hand; hands</li><li>• arm; leg; knee; back; tummy; seat</li></ul> <p>Others</p> <ul style="list-style-type: none"><li>• safe; safely</li><li>• copy</li></ul>
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