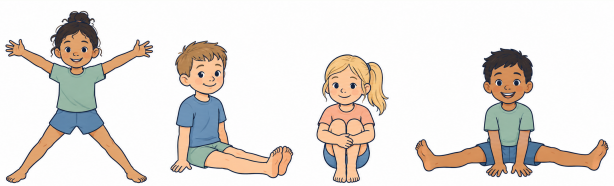
YEAR 1 KNOWLEDGE ORGANISER

Autumn 1

PE Gymnastics



Our goal Travel, balance and link our movements into a sequence.

1 Move safely

Keep your space bubble clear. Listen and follow instructions.

Use mats and apparatus as your teacher shows you.

Look where you are going. Leave room for others.

2 Travel in different ways

Run, hop, skip, jump and tiptoe.

Hopscotch: hop on one foot, jump to two feet wide, then hop again.

Try forwards and backwards safely.

Land jumps softly with bent knees.

3 Make body shapes

Straight: make your body long.

Star: stretch arms and legs wide.

Pike: sit tall, legs straight together.

Tuck: hug knees to your chest.

Straddle: sit tall, legs wide in a V.

4 Hold a support balance

Front support: hands and toes down; chest facing the mat.

Side support: one hand and side of a foot; chest sideways.

Back support: hands and feet down; chest facing up.

5 Link a sequence

Start with a balance.

Add two ways of travelling.

Finish with a different balance.

Try: **star, hop, jump, tuck.**

Practise until the actions link smoothly.

6 Perform and share

Show your sequence from start to finish.

Hold your balances still for a few seconds.

Watch your partner carefully.

Name a shape or movement they did well. Tell them kindly.

Words to know

Balance - hold your body still in a shape.

Travel - move from one place to another.

Sequence - movements and shapes linked in an order.

Apparatus - equipment such as mats and benches.

Can you show me

A pike, tuck and straddle shape?

Two ways to travel?

A sequence with a still start and finish?

Based on our Year 1 gymnastics unit