



Get Set 4
Education

Knowledge Organiser

Gymnastics Unit 2

Nursery/Reception



About this Unit

Children will develop basic gymnastic skills through the topic of 'traditional tales', to include 'Jack and the Beanstalk' and 'Goldilocks and the Three Bears'. Children explore creating shapes and balances, jumps and rolls. They begin to develop an awareness of space and how to use it safely. They perform basic skills on both floor and apparatus. They copy, create, remember and repeat short sequences.

They begin to understand using levels and directions when travelling and balancing.



barrel roll



straight roll

Communication and Language



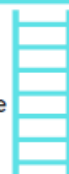
Key Vocabulary

around	land	still
balance	over	straight
hold	rock	through
jump	roll	travel

If children enjoy this unit why not see if there is a gymnastics club in their area to signpost them to.



Ladder Knowledge



Shapes:

Children will learn to make different shapes with their body.

Balances:

Children will learn to be still when holding a balance.

Rolls:

Children will learn to change their body shape to help them to roll.

Jumps:

Children will learn that bending their knees will help them to land safely.

Strategy:

Children will learn that counting to five when holding a shape or balance will allow people to see it clearly.

Personal, Social and Emotional

Social
Emotional
Thinking

This unit will develop the following skills:

work safely, collaboration, share and take turns, support others
determination, confidence
comprehension, creativity, select and apply

Physical Development



Children will be taught to:

- Move around safely and with control.
- Have an awareness of others and items in the teaching space.
- Take turns when instructed.
- To store equipment safely when not in use.
- Remove shoes and socks when taking part in gymnastics lessons.
- To use apparatus safely.

Physical Skills

- shapes
- balances
- jumps
- rock and roll
- barrel roll
- straight roll
- progressions of a forward roll
- travelling



Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk



Book Balance



What you need: your favourite story

How to play:

- Using your favourite story, pick out three characters and create a balance that represents each one e.g.



- Read through your story or ask someone else to!
- Each time the character is mentioned, hold the balance you have created for five seconds.
- Make this harder by holding your balance until the next character is mentioned!

www.getset4education.co.uk



This unit will help children to:

- balance
- move different body parts at the same time
- be stronger
- be more flexible

Head to our youtube channel to watch the skills videos for this unit.



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