



Get Set 4
Education

Knowledge Organiser

Gymnastics Unit 1

Nursery/Reception



About this Unit



Children will develop basic gymnastic skills through the topic of 'animals and their habitats'. Children explore creating shapes, balances, and jumps and begin to develop rocking and rolling. They show an awareness of space and how to use it safely and 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 traveling and balancing.



star



tuck



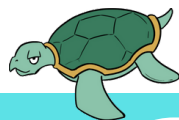
pike



straight



straddle



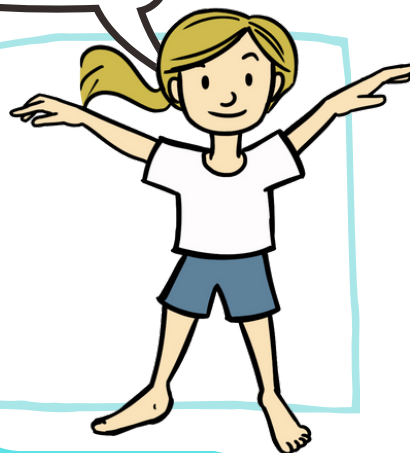
Communication and Language



Key Vocabulary

balance	land	squeeze
bend	rock	star
copy	roll	still
hold	shape	straight
jump		

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

This unit will develop the following skills:

Social

work safely, collaboration, share and take turns

Emotional

determination, confidence

Thinking

comprehension, creativity, select and apply

Physical Development

Physical Skills

- shapes
- balances
- jumps
- rocking
- rolling
- travel

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.



Home Learning

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



Transporter



What you need: two markers and an object to balance

How to play:

- Place two markers 5m apart.
- Begin next to one of the markers. The aim of the game is to transport your object from one marker to another without dropping it on the floor.
- Can you find a way to transport the object balancing it on your:
 - Stomach
 - Arm
 - Head
 - Back
- Playing against someone else? Race each time to see who can transport the object the quickest.



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.



@getset4education136