



Year Group	1	Term	Spring 1	Subject	PE Gym	Topic	Unit 2: Cognitive skills (Flight and Rotation)
						Key Question	How can I jump and rotate on equipment safely?
Prior Learning and other Curriculum Links	<p>EYFS - I can revise and refine the fundamental movement skills I have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping, climbing</p> <p>I can develop overall body-strength, balance, co-ordination and agility</p> <p>Year 1 - Real RE - I can jump from 2 feet to 2 feet forwards, backwards and side to side</p>				Target Tracker statements (Skills)	<p>I can work sensibly with others, taking turns and sharing</p> <p>I can jump from a height</p> <p>I can jump for a distance</p>	
Fundamentals	<p>Know tuck, star, straddle, straight and pike and use these on floor and low apparatus</p>				Key Facts/Sticky Knowledge	<p>Correct landing position</p> <p>Moving through small and big equipment safely</p> <p>Learning to jump from a flat surface to jumping from a height - safely</p>	
Our Curriculum Journey	<p>Stunning Start: The children will explore jumping independently and with a partner. They will follow a story and discover different ways to travel and manoeuvre. The children will explore how to land correctly and identify when their partner is landing correctly.</p> <p>Journey: The children will explore a range of jumps, learning to jump from 2 feet and 1 foot from the floor, combining jumps, jumping with the support of a group, and learning to move through rotation, rolls and spins. They will begin to use this to learn how to jump and land safely from low equipment (e.g bench). Once the children have mastered landing and rotating on low equipment, they will take what they have learnt and demonstrate their skills using large equipment (e.g wall bars).</p> <p>Show stopper: The children will use all the knowledge gained through the flight and rotation sessions and explore an apparatus circuit. The children will use the gym skills they have been practising and navigate their way round a range of</p>						

	<p>apparatus. Some stations will have climbing apparatus, while others will have floor markers/hoops/mats/benches. The children will remember to use mats only as exit/landing points off apparatus.</p>		
<p>Key Vocabulary (revisited)</p>	<p>Jump Apparatus rolls</p>	<p>Key Vocabulary (new)</p>	<p>Flight Rotation Up Over 2 feet Split Star Tuck spins</p>