

### Key Skills: Physical

- Shapes
- Balances
- Jumps
- Rocking
- Rolling



### Key Skills: S.E.T

- Social: Taking turns
- Social: Co-operation
- Social: Communication
- Emotional: Confidence
- Emotional: Determination
- Thinking: Selecting and applying skills
- Thinking: Creating sequences

### Teacher Glossary

**Safe space:** Space away from other people and objects.

**Travelling action:** Slide, hop, jump, side step, skip, gallop etc.

**Shapes:** E.g. tuck, pike, straddle, dish, arch, star.

**Action:** The skill a gymnast uses in their sequence e.g. travel, jump, shape, balance, roll.

**Level:** High, medium and low.

**Sequence:** A number of actions linked together.

## Where this unit sits

### Assessment Criteria

#### Nursery

- I am beginning to negotiate space safely.
- I can use a range of large and small apparatus with an awareness of safety.
- I can match skills to tasks and apparatus.
- I can explore movement skills.
- I follow instructions with support.
- I am beginning to take turns.
- I am building my confidence to try new challenges.

#### Reception

- I can negotiate space safely with consideration for myself and others.
- I can confidently and safely use a range of large and small apparatus.
- I can combine movements, selecting actions in response to the task and apparatus.
- I use movement skills with developing strength, balance and co-ordination showing increasing control and grace.
- I follow instructions involving several ideas or actions.
- I work co-operatively with others and take turns.
- I am confident to try new challenges.

### Key Vocabulary:

- copy
- travel
- space
- shape
- rock
- over
- backwards
- sideways
- forwards

### Activities that this unit progresses into:

**Gymnastics: Unit 2**  
**Gymnastics**

