

Vocab

- **Balance**— remain upright and steady.
- **Positions**— a particular way something is arranged.
- **Sequence**— actions that are in an order.

Things I should be able to talk about

- To know how my body feels in different activities (sitting down, standing, during exercise, after exercise)
- To perform a series of basic movements
- To complete actions with confidence.
- To how use equipment appropriately.



Laura Halford

Wiltshire

Born 1996.

Five-time British champion and has a silver medal from the Commonwealth Games.

Year 1 & 2 Gymnastics

New Knowledge and Skills

Know how to hold a balance	Name the basic positions and perform them	Perform a basic sequence
To understand that we use muscles to hold a balance. To hold a balance for 3 seconds.	Pike Stretch Tuck Star Straddle Arch Dish	Walk, jog, skip, gallop, side step, jump, stretch, tuck, squat, star, curl. Linking movements together, with or without equipment.

Gymnastics Jump Positions

