
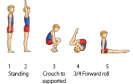






## Key Vocabulary

Travel		To go from one place to another.
Link		To join one movement to another.
Sequence		Linking moves together in an order is called a sequence.
Level		High, middle or low.
Tension		Keeping all your muscles tight when performing.
Posture		The position in which someone holds their body when standing or sitting.



# Year 1 – Groovy Gymnastics

## Techniques

### EGG ROLL

- ✗ LAY SIDEWAYS AND GRAB YOUR KNEES WITH YOUR HANDS AND PULL YOUR SELF INTO A TIGHT BALL
- ✗ STAY IN A BALL AND ROLL SIDEWAYS DOWN THE MAT
- ✗ READJUST YOUR BODY IF YOU ROLL OFF THE MAT



### FORWARD ROLL

- ✗ START IN A FULL SQUAT WITH YOUR HANDS OUT IN FRONT
- ✗ TUCK YOUR CHIN INTO YOUR CHEST
- ✗ PUSH WITH YOUR LEGS AND PLACE YOUR HANDS DOWN ON THE MAT FIRST
- ✗ ROLL ON THE BACK PART OF YOUR HEAD AND STAY IN A TIGHT BALL GRABBING YOUR KNEES AS YOU ROLL
- ✗ LET YOUR MOMENTUM CARRY YOU BACK TO YOUR FEET



### LOG ROLL

- ✗ LAY SIDEWAYS WITH YOUR ARMS BY YOUR SIDES
- ✗ KEEP YOUR BODY TIGHT AND STRAIGHT
- ✗ ROLL SIDEWAYS ALL THE WAY DOWN THE MAT
- ✗ READJUST YOUR BODY IF YOU ROLL OFF THE MAT



## What I need to know:

### Skills

- |   |   |
|---|---|
| <input type="checkbox"/> I can travel in different directions at different speeds and levels. | <input type="checkbox"/> I can explore travelling to move along, over, around onto and off a bench.                       |
| <input type="checkbox"/> I can link three moves together while travelling.                    | <input type="checkbox"/> I can travel and change direction and level, using small equipment.                              |
| <input type="checkbox"/> I can aim to change level, speed and direction.                      | <input type="checkbox"/> I can use small equipment to perform a travelling sequence, using all the skills learned so far. |
| <input type="checkbox"/> I can link moves and shapes when travelling.                         |   |
| <input type="checkbox"/> I can explore rolling movements as a way of travelling.              |   |

### Health and Fitness

- I can show how to exercise safely.

### Evaluating and Improving

- I can say how I could improve.