



Key Vocabulary

Coordinate	To move two or more parts of your body at the same time to achieve a specific goal.
Perform	To carry out
Mount	To climb
Dismount	To get down from an apparatus
Apparatus	An equipment made for a particular task
Travel	To move from one place to another
Safe handling	To handle equipment and apparatus safely

PE Skills learnt prior to this unit (EYFS):

- Climb up or down steps or slopes safely.
- Skip, hop and balance on one foot or in a squat.
- Jump into the air with both feet leaving the floor and jump forward
- Travel with confidence and skill, around, under, over and through balancing and climbing equipment.

PE Skills you will learn in this unit:

- To copy and explore basic gymnastics actions with some control and co-ordination.
- To select and link basic gymnastics actions together.
- To use space safely showing an awareness of others.
- To lift, carry and use gymnastic apparatus safely.

