



| Key Vocabulary | |
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| Agility | The ability to move and change direction quickly (at speed) whilst maintaining control |
| Rock | To move backwards and forwards, or from side to side. |
| Rotate | To turn around on an axis |
| Transition | A process of changing from one position, stage, or situation to another. |
| Stillness | Absence of sound or motion |

- PE Skills learnt prior to this unit (EYFS):**
- Travel with confidence and skill, around, under, over and through balancing and climbing equipment, developing core strength.
 - Experiment with different ways of moving and progress towards a more fluent style of movement.
 - Develop the overall body strength, co-ordination, balance and agility needed to engage with future physical education sessions.

- PE Skills learnt in this unit (Year 1):**
- I can copy and explore basic gymnastics actions with some control and co-ordination.
 - I can select and link basic gymnastics actions together.
 - I can watch and discuss my own and others work.
 - I can safely perform a teacher led warm-up and cool down and I can use space safely showing an awareness of others.

