KNOWLEDGE ORGANISER

Year 1, Unit 2

Purpose

Reinforce the development of fundamental movement skills to support balance, coordination and control, including the development of core stability, leg strength and a range of foundation movement patterns.

Develop the ability to control take-off and different types of flight and landing. Learn how to rotate and roll in different ways, maintaining the correct shapes by using body tension and extension. Further develop confidence to apply skills on low and large apparatus and develop an understanding of how to link moves and put together sequences of movement, as important skills to take into other sports/activities.

Learning Goals

Choose a multi-ability



Flight
Rotation
Park Life
Toy Box

In this unit, the children will learn, develop and apply flight and rotation on the floor and apparatus through focused skill development, thematic warm-ups and games.

Emerging
I can explore Tricky challenges (floor and apparatus)

Expected
I can perform some Tricky challenges (floor)

Exceeding
I can perform some Tricky challenges (apparatus)

Skills and Knowledge - Learning Behavour

Skills

Developing my skills and knowledge so...

What	How

Skills and Knowledge - gym Skills

Flight

Gym Skill Challenges

Perform types of jumps on floor (with any shape in flight) with accuracy and control. Examples include:

- jump (two feet to two feet)
- hop

Developing my types of jumps skills and knowledge so...

What	How
I can perform accurate footwork patterns and take-off.	Decide before jumping which technique/footwork pattern to use.
I can create a clear shape during flight.	Squeeze body muscles during flight to make clear shape.
I can land quietly and in balance.	Land through balls of feet with soft knees to absorb impact.

Flight

Gym Skill Challenges

Perform jumps with shapes on floor with accuracy and control.

- jump and land technique (straight jump)

Developing my feet, shapes skills and knowledge so...

What	How
I can perform an accurate preparation phase.	Swing arms back and bend knees to prepare.
I can create a clear shape during flight.	Swing arms up and push from legs in take-off.
	Keep good body tension and clear shape during flight phase.
I can land quietly and in balance.	Land through balls of feet with soft knees to absorb impact.

Flight

Gym Skill Challenges

Perform named jumps (with legs below horizontal) on floor with accuracy and control. Examples include:

- cat leap
- eté
- hop with leg at 90°
- scissor

Developing my named jumps skills and knowledge so...

What	How
I can perform an accurate preparation phase.	Decide beforehand which jump or leap to perform.
I can create a clear shape during flight.	Squeeze body muscles during flight to make clear shape.
I can land quietly and in balance.	Land through balls of feet with soft knees to absorb impact.

Flight

Gym Skill Challenges

Perform tricky flight movements (jumps or hops, with legs lower than horizontal) using low apparatus. Examples include:

- off (bench)
- on to (bench)

Developing my low apparatus skills and knowledge so...

What	How
I can perform an accurate movement pattern and preparation phase.	Decide on footwork pattern and jump before starting.
I can create a clear shape during flight.	Squeeze body muscles during flight phase.
I can land quietly and in balance.	Land through balls of feet with soft knees to absorb impact.

Flight

Gym Skill Challenges

Perform tricky flight movements (jumps or hops, with legs lower than horizontal) using large apparatus. Examples include:

- jumping down from hanging (frame or A-frames/tables with ladders)
- up onto, supported with hands (frame, ladder, or high table)
- swinging through (frame or rope)
- jumping down from seated (frame, high table, or ladder)

Developing my large apparatus skills and knowledge so...

What	How
I can perform an accurate movement pattern and preparation phase.	Decide on footwork pattern and jump before starting.
I can create a clear shape during flight.	Squeeze body muscles during flight phase.
I can land quietly and in balance.	Land through balls of feet with soft knees to absorb impact.
	When landing on apparatus, focus on landing spot.

Rotation

Gym Skill Challenges

Perform rotation on different body parts on floor (on patches or two points) with accuracy and control. Examples include:

- rotate on bottom
- patter turn on two feet

Developing my different body parts skills and knowledge so...

What	How
I can maintain an accurate shape throughout.	Patter Turn - Stand on toes and take multiple small steps to turn body around vertical axis.
I can rotate with control.	Spin on Bottom - Sitting, use hands to start rotation and lift legs and arms.
I can remain balanced throughout.	Keep muscles squeezed tightly throughout.

Rotation

Gym Skill Challenges

Perform rolls on floor (using straight shape) with accuracy and control. Examples include:

- pencil roll

Developing my rolls skills and knowledge so...

What	How
I can maintain an accurate shape throughout.	Pencil Straight Roll - Use straight shape, keeping hands and feet together.
I can move smoothly and fluently.	Keep tummy tight and back straight.
I can remain balanced throughout.	Keep muscles squeezed tightly throughout.

Rotation

Gym Skill Challenges

Perform more rolls on floor (combining shapes) with accuracy and control. Examples include:

- dish and arch roll

Developing my more rolls skills and knowledge so...

What	How
I can maintain an accurate shape throughout.	Dish and Arch Roll - In dish or arch shape, roll keeping hands, feet and head off the floor, chin on chest and lift arms and legs as high as possible.
I can move smoothly and fluently.	Keep muscles squeezed tightly throughout.
I can remain balanced throughout.	

Rotation

Gym Skill Challenges

Perform tricky rotations (single or combining shapes on patches or points) using low apparatus. Examples include:

- under (table or bench)
- on top (low table or bench)

Developing my low apparatus skills and knowledge so...

What	How
I can remain balanced throughout.	Use spotting to maintain balance.
I can rotate with control.	Hold body tight and extended.
I can maintain an accurate shape throughout.	Choose type of rotation before starting.

Rotation

Gym Skill Challenges

Perform tricky rotations (single or combining shapes on patches or points) using large apparatus. Examples include:

- on top (high table)

Developing my large apparatus skills and knowledge so...

What	How
I can rotate with control.	Use spotting to maintain balance.
I can remain balanced throughout.	Hold body tight and extended.
I can maintain contact with apparatus throughout (where appropriate).	Choose type of rotation before starting.

Key Vocabulary

take-off, landing, balls of feet, linked, alternating, soft knees, squeeze muscles, hanging, swing through, throughout, multiple, peek, extended, maintained

Curriculum Links

Pupils should....

Master basic movements, including jumping, as well as develop balance, agility and coordination and begin to apply these in a range of activities, individually and with others..

Engage in competitive (against self) and cooperative physical activities, in a range of increasingly challenging situations.

Wider Links

To further develop the children's flight skills, use the following (click the links at the bottom to explore):

- **core real PE** - Year 1, Unit 2.
- **real PE daily** - short, daily activity ideas to further develop flight skills.
- **BURSTS** (home learning) - flight (jumping and landing/Space) is included on the BURSTS app.