

Knowledge Organiser

KS1 Gymnastics

Key Knowledge

Gymnastics

Gymnastics involves using your body to perform different movements and exercises, such as jumping, rolling, and balancing. In gymnastics, you get to use different pieces of equipment like mats, bars, and beams. Gymnastics is a great way to improve your strength, flexibility, coordination, and balance.

Floor

A floor routine consists of different gymnastics skills, including; tumbles, shapes, jumps, balances, all with smooth transitions. It is usually done individually to music but can also be done in groups without music.

Vault

A vault pass includes a run up, a springboard, a way of getting onto the vault top, and then straight away jumping off. In school, vault can be done using tables or vault boxes allowing you to practice your running, jumping and landing.

Beam

A beam is a long, thin platform that the gymnasts climb on to perform different skills.

Key Vocabulary

Stretch



Star



Pike



Straddle



Tuck



Balance

A challenging position that must be held still, without wobbling or falling over.

Travelling

A way of moving from one place to the other. In gymnastics, travelling is more creative than walking or running.

Routine

A sequence of different skills with smooth transitions.

Focus Sports

Floor

Simone Biles won a gold medal for her floor routine at the 2013 World Championships.



Vault

Shin Jeahwan claimed the men's vault Olympic title at the 2020 games held in Tokyo.



Beam

Urara Ashikawa won a gold medal for her beam routine at the 2021 World Championships, held in Japan.



What should I already know?

Year 1

- Different shapes
- Which movements stretch
- How to link different actions/movements together.

Year 2

- Different balances
- How to hold weight on your hands.
- How to challenge your flexibility.
- Repeat, connect basic actions together.