

Year 1 - Gymnastics

Knowledge Organiser

MOVING
EDSTART

EDSTART KNOW

- I can name some basic gymnastic movements like roll, jump, and balance.
- I can say why it is important to move safely and stay in control.
- I can talk about how to use the floor and equipment carefully in gymnastics.

EDSTART GO

- I can roll, jump, and balance safely on the floor or equipment.
- I can link simple movements together to make a short sequence.
- I can move with control, showing good shapes and balance.

EDSTART SHOW

- I can show confidence when performing my movements.
- I can hold still shapes and finish my sequence neatly.
- I can explain how I stayed safe and balanced during my gymnastics work.

Key Vocabulary

**balance, roll, jump,
stretch, shape,
sequence, control,
travel**

What do we know about gymnastics?

- Gymnastics is a collection of exercises that test strength, flexibility, control, and balance
- The sport of gymnastics developed from exercises used by the ancient Greeks to mount and dismount their horses
- A gymnast is a person who trains in and practices the sport of gymnastics

