**Subject content - Key stage 1:** *Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their* ***agility, balance and coordination****,* ***individually*** *and* ***with others****. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of* ***increasingly challenging situations****.*

**Pupils should be taught to:** *master basic movements including* ***running, jumping****, throwing and catching, as well as* ***developing balance, agility and co-ordination****, and begin to* ***apply these in a range of activities****; participate in team games, developing simple tactics for attacking and defending; perform dances using simple movement patterns.*

**What might the Learning Outcomes be for KS1 in Gymnastics?**

|  |
| --- |
| Uses space safely & well Can remember, repeat & explore simple actions |
| Can work cooperatively with a partner Work on apparatus safely |
| Can demonstrate different **Levels** in actions Can demonstrate differences in **Speed** |
| Can land safely when **Jumping** Can take weight on hands |
| Can create & apply different **Body Shapes**  Can **Balance** on small and large body parts |
| Can **Travel** on different body parts Can **Co-ordinate** body during movements |
| **Link** movements to suit activity Can adapt ‘sequence’ to include **apparatus** |
| Is willing to practice and improve Can evaluate their own movements |
| Can say how their bodies feel during exercise |



**Help children evaluate and improve their performance by asking them:**

• What actions are included in your sequence?

• Do you perform it smoothly and with control?

• What one thing do you think you could improve about your sequence?

• How would you go about improving this?