

Year 1– Physical Education Spring 1 & 2: Gymnastics and Dance

What I have learnt already? how to move our bodies in time to music to create a sequence (EYFS).

What will I learn?

We will learn about the different ways we can move our body with rhythm and in time to music.
We will try different poses and think about how to hold them with control.
We will learn how to sequence a group of moves to create a performance.

Key Questions:

Listen to some different pieces of music, how would you move in different ways?



- Take off with two feet.
- Use your arms to swing up.
- Make a stretched shape (straight arms and legs) in the air.
- Extend and stretch through to your fingers and toes.
- Toes pointed.
- Land on two feet with your arms forward for balance.

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Key words: rhythm, pencil, tuck, roll, control, freeze



Activity:

Choose 3 of the moves above to create your own gymnastics routine.
Can you do it in time to music?