

EYFS

PE Knowledge

Organiser

Gymnastics

Please encourage your child to dress and undress themselves.

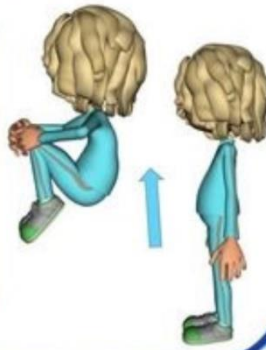
- Can you put your coat on?
- Can you zip it up?
- Can you take your coat off?
- Can you take your shoes off?
- Can you put your trousers/skirt on?
- Can you take your trousers/skirt off?



Jumps, Turns and Rolls

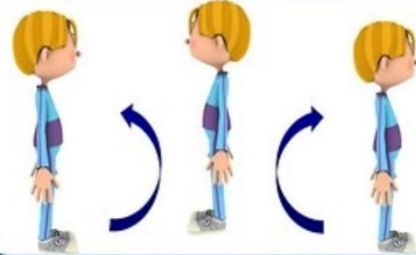
TUCK JUMPS

- ✗ JUMP UP USING A "2 FOOT" TAKE-OFF
- ✗ BRING YOUR KNEES TO YOUR CHEST
- ✗ TOUCH THE FRONT OF YOUR KNEES WITH YOUR HANDS IN THE AIR
- ✗ LAND SOFTLY ON YOUR FEET AND BEND YOUR KNEES WHEN YOU LAND
- ✗ REPEAT THE TUCK JUMP AS YOU MOVE DOWN THE MAT. JUMP-TUCK-LAND



HALF TURNS

- ✗ START AT THE FRONT OF A MAT FACING FORWARD
- ✗ USE A 2-FOOT TAKEOFF AND JUMP 180 DEGREES, THEN LAND FACING THE DIRECTION YOU JUST JUMPED FROM
- ✗ CONTINUE JUMPING 180 DEGREES AS YOU TRAVEL DOWN THE MAT: FRONT-BACK-FRONT-BACK



EGG ROLL

- ✗ LAY SIDEWAYS AND GRAB YOUR KNEES WITH YOUR HANDS AND PULL YOUR SELF INTO A TIGHT BALL
- ✗ STAY IN A BALL AND ROLL SIDEWAYS DOWN THE MAT
- ✗ READJUST YOUR BODY IF YOU ROLL OFF THE MAT



LOG ROLL

- ✗ LAY SIDEWAYS WITH YOUR ARMS BY YOUR SIDES
- ✗ KEEP YOUR BODY TIGHT AND STRAIGHT
- ✗ ROLL SIDEWAYS ALL THE WAY DOWN THE MAT
- ✗ READJUST YOUR BODY IF YOU ROLL OFF THE MAT

