

Year 1 Knowledge Mat – Gymnastics Floor

Subject Specific Vocabulary	Gymnastics	Important knowledge of gymnastics
Space	Not being able to touch anything or anyone.	
Patch and point balance	Holding a shape having a big part of the body on the floor. Holding a shape having a small part of the body on the floor.	<input type="checkbox"/> Basic shapes are called straight, star, tuck, straddle, mushroom and pike
Tuck	Knees brought into the chest keeping legs together and arms straight over the top.	<input type="checkbox"/> Basic jumps are called tuck, straight, star and half turn .
Travel	Move in any direction to get from one place to another.	
Straddle	Sat with legs stretched out wide with arms shadowing over the top.	
Log Roll	Lying down in a straight shape, use momentum to roll the body across the floor.	<input type="checkbox"/> Point and patch balances can be performed alone and with a partner
Barrel roll	Using a mushroom shape move along the floor in a straight line.	<input type="checkbox"/> A chase is used to link skills together.
Mushroom	Squeeze all parts of the body together, chin tucked down creating the smallest shape possible.	
Pike	Legs stretched out in front and together with arms extended up.	<input type="checkbox"/> Jumping, balancing, shapes, traveling and rolling are all elements of gymnastics
Link	Adding two skills together.	<input type="checkbox"/> When competing in gymnastics you combine all elements together with music.

