

**F1/Nursery:**

To know that holding my arms out will help me balance.  
To know that if I hold my shape and count to 5 people will see it clearly.  
To know the 3 basic shapes: tuck, straight and star.  
To know that bending my knees and keeping my chest up will help me land safely.

**F2/Reception:**

To know that I should be still when holding a balance.  
To know that by squeezing my muscles will help me stay still.  
To know the 5 basic shapes: tuck, straight, star, straddle and pike.  
To know that bending my knees and keeping my chest and head up will help me land safely  
To know that by squeezing my muscles I can stay in shape when rocking and rolling.



PE Knowledge Path

**Gymnastics**

**Year 1:**

To know that pointing my toes/fingers and straightening my arms will improve presentation.  
To know the 7 basic shapes: tuck, straight, star, straddle, pike, arch and dish.  
To know that looking straight ahead when landing will help me land with control.  
To know that squeezing my muscles will show good tension when rolling.  
To know that having a beginning and ending position will improve my presentation.

**Year 2:**

To know that staying still and tense/strong will improve my presentation.  
To know the 9 basic shapes: tuck, straight, star, straddle, pike, arch, dish, front support and back support.  
To know that adding different shapes into my routine will make it look more interesting.  
To know that having a beginning and ending position will help me transition into new moves smoothly.