

KS1 Travel-Roll-Balance Knowledge Organiser

What will I use?



I can....

- I can use different movements to travel on the floor and on small apparatus.
- I can perform basic rolls such as pencil, log and egg rolls.
- I can hold basic balances using my hands, feet and different parts of my body for a short period of time.
- I can safely jump and land when jumping on the floor and off small apparatus.
- I can combine different ways of travelling, rolling and balancing in small sequences.

Key Skills:

Travelling-



Rolling-



Balance-



Jumping-



Change Direction-



Spatial awareness-

Key Vocabulary:

Travelling- The way you choose to move your body for example running or walking.

Control- To be able to control your bodies movements when on mats or apparatus.

Spatial Awareness- To know and understand what is around you when moving and performing.

Sequences- Combining different movements and skills.

Balance-To hold a position for a short period of time.

Speed-How quickly or slowly you move around an area or on apparatus.