

Year 3
Autumn

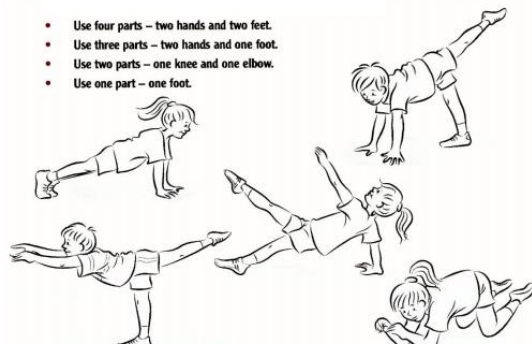


PE - Gymnastics

In this unit, children are going to be working on travelling with control and balance. Children will develop their traveling, balancing, rolling, and jumping skills as they develop a sequence of moves, focusing on the transition between movements. They will work with partners to evaluate one another's work and trust the feedback that they are given.

Key Knowledge and skills

- To demonstrate travelling with control.
- To demonstrate balances with stillness on 1, 2, 3 and 4 points of the body.
- To demonstrate basic rolls with accuracy and control.
- To demonstrate jumping and landing safely.
- To create and demonstrate and sequence.
- To demonstrate successful transitions between travelling, balancing, jumping, and rolling.
- To evaluate successful transition between actions.



Character skills developed in this unit:

Trust - To willingly accept feedback from my partner to help me improve.

Evaluation - To recognise strengths and areas for improvement in a partner's performance.

Courage - To try new experience by traveling and balancing on the apparatus.

Key Vocabulary

Actions - A movement in gymnastics could be roll, jump, travel, spin or balance.

Apparatus - Equipment used in gymnastics—benches, tables, beams, wall bars etc.

Balance - To remain still in a set position for 3 seconds.

Extension - Straightening limbs and / or trunk

Levels - Height at which you are performing e.g. low (close to the ground), high (on tip toes)

Matching - Copying the same actions as your partner at the same time.

Points - Parts of your body in contact with the floor or apparatus.

Roll - Rotation of the body (forwards / backwards / sideways) (pin roll, egg roll, forward roll)

Sequence - Linking together multiple actions that can be repeated.

Spin - Keeping one body part in contact with the floor, rotate about that point.

Travel - Getting from point A to B using repeated movements - (jump, hop, bear walk, crab walk, scorpion walk)

