

Year 3 Term 3 P.E: Gymnastics



Curriculum Key Question: How can I look after myself and others?

Topic: How did humans survive in the Stone age?

What should I already know?

- I am beginning to provide feedback using key words.
- I am proud of my work and confident to perform in front of others.
- I can describe how my body feels during exercise.
- I can perform the basic gymnastic actions with some control and balance.
- I can plan and repeat simple sequences of actions.
- I can use directions and levels to make my work look interesting.
- I can use shapes when performing other skills.
- I can work safely with others and apparatus.

Key Skills: S.E.T

- Social: Collaboration
- Social: Communication
- Social: Respect
- Emotional: Confidence
- Thinking: Observing and providing feedback
- Thinking: Selecting and applying actions
- Thinking: Evaluating and improving

Key Vocabulary

- Shapes:** E.g. tuck, pike, straddle, dish, arch, star, front support, back support.
- Action:** The skill a gymnast uses in their sequence e.g. travel, jump, shape, balance, roll.
- Point balance:** A balance on a small body part e.g. hands, elbows, feet.
- Patch balance:** A balance on a large body part e.g. back, stomach, bottom.
- Sequence:** A number of actions linked together.
- Body tension:** Squeezing muscles to help to stay strong when performing actions. Having good body tension improves the quality of an action.

Skills I will develop:

- I can adapt sequences to suit different types of apparatus.
- I can choose actions that flow well into one another.
- I can choose and plan sequences of contrasting actions.
- I can complete actions with increasing balance and control.
- I can move in unison with a partner.
- I can provide feedback using key words.
- I understand the benefits of exercise.
- I use a greater number of my own ideas for movements in response to a task.
- With help, I can recognise how performances could be improved.



Key Skills: Physical

- Individual point and patch balances
- Straight roll
- Barrel roll
- Forward roll
- Straight jump
- Tuck jump
- Star jump
- Rhythmic gymnastics



Ways to improve a sequence

- Starting and finishing position:** Include a starting and finishing position.
- Level:** Use a variety of levels. Can you explore that balance, shape, jump on a different level?
- Action:** Include a variety of actions such as a jump, balance, travel, shape.
- Balance:** Hold your balances with good extension and clear shapes for 3 - 5 seconds.
- Body tension:** Squeeze your muscles to create and hold strong clear shapes.
- Direction:** Vary the direction used within a sequence e.g. forwards, backwards, sideways.
- Speed:** Vary the speed used within a sequence e.g. fast and slow.