



**Subject:** PE      **Topic:** Gymnastics      **Year Group:** Year 3

**What I should already know:**

- Take weight on different body parts
- Link 3 or more movements together to make a sequence
- Change speed, direction and level
- Transfer and adapt moves/balances to apparatus
- Perform a simple sequence with a partner
- Choose actions and balances that link smoothly to others
- Observe and comment on my own and others' performances

**Vocabulary:**

Curl, stretch, arch, forwards/backwards roll, egg roll, log roll, tuck/pike/straddle jump, smooth transition, individual, partner, transfer (weight), improve, adapt, level, speed, direction, high/medium/low positions, taking weight on different body parts, explore, movement, balance, side by side, match, mirror, copy, practise, contrast, perform, observe.

**What I will know by the end of the unit:**

**NC:** develop flexibility, strength, technique, control and balance

- To travel using a range of stretched curled and arched shapes
- Join together 3 or more contrasting moves
- Balance on different body parts showing a range of positions
- Adapt and transfer skills to apparatus
- Identify and perform matching shapes with a partner
- Compose and perform a short sequence showing changes in speed/level/direction

**Activities I can take part in to achieve my objectives:**

- Explore floor work and apparatus
- Teach/practise travelling in various stretched, curled and arched ways (esp. rolls)
- Teach/practise jumping in various stretched, curled (tucked) and arched ways
- Teach/practise balancing in various stretched, curled and arched ways (teach handstand)
- Exploring shapes on floor, in air and on/off/under/along apparatus
- Practise moving between travels, balances, rolls and jumps
- Explore matching and contrasting actions and balances with a partner
- Working individually and with a partner to compose sequences using the above