



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

What I should already know:

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

Vocabulary:

Symmetrical, asymmetrical, travel, balance, stretch, tall, narrow, wide, roll, cartwheel, star jump, apparatus, level, speed, direction, spin, contrast, link (smoothly), clear beginning and end, stillness, observe, identify, evaluate, together, apart (legs/arms).

What I will know by the end of the unit:

- To know what symmetrical and asymmetrical mean
- Demonstrate balances showing the above on different body parts
- Perform on different levels
- Link smoothly different moves
- Perform a simple matching sequence side by side
- Begin to evaluate each other's performances

Activities I can take part in to achieve my objectives:

- Independent