



PE Topic: Gymnastics

Year: 3 **Term:** Spring 1

Key Knowledge/Content:

- To apply and develop a broader range of skills.
- To learn how to use them in different ways and to link them to make actions and sequences of movement.
- To develop flexibility, strength, technique, control and balance.

Links to:

Prior learning:

To remember, repeat and link combinations of gymnastic actions, body shapes and balances with control and accuracy.

Future learning:

To aim to show as much speed and precision as possible when performing different movements.

Key vocabulary with definition:

Prior vocabulary:

- Jump – To move from two feet to two feet.
- Land – To stop a movement on the ground.
- Over – To go above something.
- Under – To go underneath something.
- Stretch – To make something longer.
- Improve – To make something better.
- Strength – To be strong.
- Pathway – The direction of movement.

New vocabulary:

- Flow – How movements 'go' together.
- Symmetrical – Made up of the same parts facing each other.
- Asymmetrical – Not symmetrical.
- Combination – Different actions put together.
- Evaluate – Assess the positives and negatives.
- Adapt – To change something.
- Refine – Make small changes to improve.
- Contrasting – Noticeably different.
- Suppleness – Moving with ease.

By the end of this unit

All children can: find different ways of travelling on low, medium and high levels.

Most children can: make up sequences of shapes and balances, moving in and out of positions of stillness.

Some children can: describe how the body reacts during different types of activity.

Background understanding for teachers and parents:

This half term is Gymnastics, with a focus on travelling and balance. The children will explore different ways of moving, e.g. jumping, rolling, etc. They will also put different combinations together, including balances.

Curriculum Driver (one):

Communication

Evidence outcome:

To create sequences to communicate ideas and explore different ways of travelling and balancing.