

# P.E.

## Year 3 – Gymnastics



### About this Unit

Gymnastics is made up of a range of movement skills including balances, jumps, rolls and shapes.

### Knowledge & Skills

#### Knowledge:

- To use body tension to make your shapes look better.
- To make your balances look interesting by using different levels.
- To tuck your chin to your chest in a forward roll. Roll onto the top of your shoulders
- To change the take off and shape of your jumps to make them look interesting.

#### Skills:

- I can adapt sequences to suit different types of apparatus.
- I can choose actions that flow well into one another.
- I can complete actions with increasing balance and control.
- I can use matching and contrasting actions in a partner sequence

### Golden Threads

#### Motor competence

- Point and patch
- Balances
- Jumps
- Straight roll
- Barrel roll
- Forward roll

#### Healthy participation

How will this unit help your body?  
Balance, co-ordination, flexibility and strength

### Rules, strategies and & tactics

Use different levels to help make your sequence look interesting.

<p>YEAR 3</p> <p>I can adapt sequences to suit different types of apparatus.</p> <p>I can choose actions that flow well into one another.</p> <p>I can complete actions with increasing balance and control.</p> <p>I can use matching and contrasting actions in a partner sequence.</p>	<p>YEAR 4</p> <p>I can plan and perform sequences with a partner that include a change of level and shape.</p> <p>I can safely perform balances individually and with a partner.</p> <p>I understand how body tension can improve the control and quality of my movements.</p>	<p>YEAR 5</p> <p>I can create and perform sequences using apparatus, individually and with a partner.</p> <p>I can use canon and synchronisation, and matching and mirroring when performing with a partner and a group and say how it affects the performance.</p> <p>I can use strength and flexibility to improve the quality of a performance.</p>	<p>YEAR 6</p> <p>I can combine and perform gymnastic actions, shapes and balances with control and fluency.</p> <p>I can create and perform sequences using compositional devices to improve the quality.</p> <p>I can work collaboratively with others to create a sequence.</p> <p>I understand what counter balance and counter tension is and can show examples with a partner.</p>	<h3>Key vocabulary</h3> <p>Body tension: squeezing muscles to help to be stable when performing actions.</p> <p>Control: being able to perform a skill with good technique.</p> <p>Patch: a large body part.</p> <p>Point: a small body part.</p>
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