

Year 3 Term 2  
**PHYSICAL EDUCATION**  
**Gymnastics**



**National Curriculum Links:**

Develop flexibility, strength, technique, control and balance

**Essential Prior Learning:**

Use apparatus safely  
 Stillness in a balance  
 Looking ahead where you are travelling

**Progression in Skill:**

Work with a partner to balance on different parts of the body.  
 Create a sequence that includes apparatus, travelling, balances with stillness and changes in direction and level with a partner.  
 Rock forwards and backwards to standing and a shoulder stand.  
 Progress bunny hops into cartwheels.  
 Gymnastics improves flexibility; it helps muscle and joint strength which leads to less chance of injury.  
 It reduces stiffness in muscles and joints.  
 Improves bone health.  
 Carry out skills safely.  
 Whilst it might be difficult and feel unfamiliar, nothing should hurt: listen to your body and stop if it doesn't feel right.

Louis Smith narrowly missed out on a gold in the 2012 Olympics: 'I set out to do my best routine of my life and I achieved it so I have to be satisfied.'

**Long-term Memory Knowledge:**

Work with a partner to try different balances using parts of your body (like hands, feet, back).  
 Create a short routine together, including: equipment, ways of moving (rolling, jumping, crawling), balances where you stay still, changes in direction and level.  
 Practise rocking forward and backward to stand up.  
 Try a shoulder stand. Start with bunny hops and work towards cartwheels.  
 Gymnastics makes your body more flexible, strengthens your muscles and joints, helps your bones stay strong, stops your body from feeling stiff and helps you avoid getting hurt.  
 Always move carefully and with control. If something feels wrong or hurts, stop. Listen to your body and take care of yourself.  
 Know who Louis Smith is and why he shows resilience.

**Key Vocabulary**

<b>Balance</b>	Staying still and steady without falling.
<b>Sequence</b>	A set of movements put together in order.
<b>Travelling</b>	Moving from one place to another in different ways.
<b>Stillness</b>	Holding a position without moving.
<b>Direction</b>	The way you move.
<b>Safety</b>	Moving carefully so you don't get hurt.

**Progression in Resources:**

Progression in creating sequences with apparatus

**Relevance**

<b>Now</b>	Learning basic gymnastics movements and balances with a partner, using equipment and exploring different ways to move.
<b>Future</b>	The skills help you become stronger, more flexible, and confident while learning to move safely and creatively.
<b>Aspiration</b>	May choose to perform in shows, join a gymnastics club, or compete in events as your skills grow.