Year 3 Term 2

PHYSICAL EDUCATION

Gymnastics

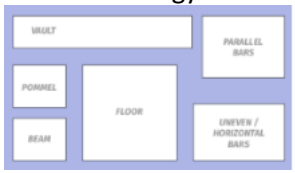


National Curriculum Links:
Develop flexibility, strength, technique, control and balance

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.'
This is what a gymnastics arena looks like:



Long-term Memory Knowledge:
Demonstrate working with a partner perform different balances using parts of your body (like hands, feet, back). Create short routines for two people, including: equipment, ways of moving (rolling, jumping, crawling), balances where you stay still, changes in direction and level. Demonstrate rocking forward and backward to stand up. Try a shoulder stand. Perform bunny hops and possibly a cartwheel. 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. Know some of the areas of a gymnastics arena.

Key Vocabulary	
balance	staying still and steady in one position without falling
sequence	a set of movements put together in order
travelling	moving from one place to another in different ways
stillness	holding a position without moving
direction	the way you move
safety	moving carefully so you don't get hurt

Progression in Resources:
Progression in creating sequences with apparatus: benches mats horses

Relevance	
Now	Children move with greater confidence, exercising control over their bodies that can be used in their play and other physical activity.
Future	The skills help you become stronger, more flexible, and confident while learning to move safely and creatively.
Aspiration	May choose to perform in shows, join a gymnastics club, or compete in events as your skills grow.