

What I have already learnt in Y2

- I will have learnt how to perform using a range of actions with coordination
- I will begin to perform learnt skills with control
- I can use a pike, tuck and star in movements correctly
- I can hold a position whilst balancing on different parts of my body
- I can jump confidently with both feet leaving the ground
- I can link two simple actions together

What I will have learnt by the end of this unit (Y3)

- I can perform a gymnastic sequence which includes a number of balances or ways of travelling, performed at different speeds or levels.
- I can use different levels with my body, apparatus (such as a bench, climbing frame or trestle).
- I can copy, explore and create a gymnastic sequence beginning to use flexibility, strength, technique and balance.
- I can perform rolls, including forward, teddy bear and pencil roll.
- I can compare my performance and others' in a range of gymnastic activities.

What I will have learnt by the end of my Key Stage

Key Knowledge

Pike - The pike position is where your knees are together and straight and your body is bent at the waist.



pike

Tuck - It is a sitting position with both legs bent and the hips and at the knees.



tuck

Star - Both arms and legs reach out to the sides to create a star shape.



Subject Knowledge Organiser

PE- Gymnastics
Year 3

Key Vocabulary

Gymnastics

Exercises displaying or developing physical coordination.

Strength

The quality of being physically strong.

Balance

An equal amount of weight, making something remain upright and steady.

Control

To power to remain under control.

Travelling

The action of going from one place to another.

Feedback

Information about a person's task or performance, which is used as a basis for improvement.

Apparatus

The equipment needed for a certain activity (in this case Gymnastics)

Flexibility

The ability of a number of joints moving together in a pain free, unrestricted range of motions.

My Skills and Knowledge that I may use from other subjects

Reading: I can use phonic knowledge to decode unfamiliar words I see during the gymnastics sessions.

Maths: I can use my knowledge of numbers shapes and direction when performing moves or working in groups.



Recall and Remember

Perform in 5 moves in a sequence:

Forward roll
Star Jump
Three points of contact
Pike
Tuck

Wider opportunities Diversity and Cultural Capital

- Get involved in local Gymnastic groups around the area.
- Represent the school in Gymnastics with other primary schools in the local area when events become available.

Further reading

- *Nadia: The girl who couldn't keep still* written by Karlin Gary

Key Skills I will learn/use

Giving feedback - I will be able to comment on my own and others' work as a way of helping improvement.

Name - I can name the moves we have learnt in Gymnastics this term.

Key PE Concepts

Developing Balance

Basic Movement

Coordination

