

# Knowledge Organiser: Gymnastics Y3

#### Links to the PE National Curriculum

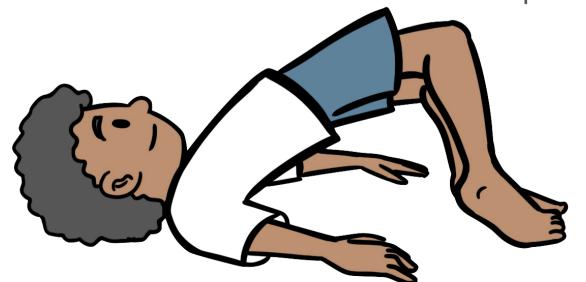
- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
- Pupils should be taught to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]

#### **Key Skills: Physical**

- Individual point and patch balances
- Straight roll
- Barrel roll
- Forward roll
- Straight jump
- Tuck jump
- Star jump
- Rhythmic gymnastics

## Key Skills: S.E.T

- Social: Collaboration
- Social: Communication
- Social: Respect
- Emotional: Confidence
- Thinking: Observing and providing feedback
- Thinking: Selecting and applying actions
- Thinking: Evaluating and improving



### Ways to improve a sequence

- Starting and finishing position: Include a starting and finishing
- position.
- **Level:** Use a variety of levels. Can you explore that balance, shape, jump on a different level?
- Action: Include a variety of actions such as a jump, balance, travel,
- shape.
- **Balance:** Hold your balances with good extension and clear shapes for 3 5 seconds.
- Body tension: Squeeze your muscles to create and hold strong clear shapes.
  - **Direction:** Vary the direction used within a sequence e.g. forwards, backwards, sideways.
  - **Speed:** Vary the speed used within a sequence e.g. fast and slow.

# **Key Vocabulary:**

matching contrasting sequence
 direction interesting flow
 explore control shape create

# Teacher Glossary

**Shapes:** E.g. tuck, pike, straddle, dish, arch, star, front support, back support. **Action:** The skill a gymnast uses in their sequence e.g. travel, jump, shape, balance, roll.

Point balance: A balance on a small body part e.g. hands, elbows, feet.

Patch balance: A balance on a large body part e.g. back, stomach, bottom.

Sequence: A number of actions linked together.

**Body tension:** Squeezing muscles to help to stay strong when performing actions. Having good body tension improves the quality of an action.