



P.E.	Gymnastics	Year 3	Term: 2
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Y3 Skills:

Rolling: egg roll, pencil roll, teddy bear roll, rocking forward roll, crouched forward roll, forward roll from standing, tucked backward roll

Jumping: straight jump, tuck jump, jumping jack, cat spring, cat spring to straddle, star jump, straddle jump, pike jump, straight jump half-turn, cat leap

Balancing: - standing, kneeling, large body part, small body part, on apparatus, matching and contrasting partner balances

Shapes: pike, tuck, star, straight, straddle Front and back support

Travelling & Linking: tiptoe, step, jump, hop, hopscotch, skipping, galloping, straight jump, half-turn, chassis steps, cat leap

- compose a movement sequence independently and with others
- link combinations of actions, including changes of direction, speed or level
- develop the quality of actions, shapes and balances.
- move with coordination, control and care
- use turns whilst travelling in a variety of ways
- use a range of jumps in sequences
- create interesting body shapes while holding balances with control
- begin to show flexibility in movements

Equipment:

apparatus mat ribbon vault

Key Vocabulary: sequence routine control turn direction level action pathway rolling jumping travelling balancing shape linking

Famous Gymnasts:

Matt Whitlock

Simone Biles