

Year 3 Gymnastics Unit 1

National Curriculum objectives

Develop flexibility, strength, technique, control and balance.

Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Key Learning

- Perform short sequence with: low and medium level shapes; with matching and mirroring; contrasting shapes with some linking
- Take weight confidently on hands (developing core strength) and roll safely, exploring different rolling methods (front and backward Rolls)
- Perform a wide range of shapes and balances on apparatus
- Perform shapes in flight, on and off a piece of apparatus, including turn, twist and spin

Equipment

- Gymnastics mats
- 15x Cones
- 2-4 Bibs
- Apparatus including:
 - Benches
 - low, medium and some high-level boxes
 - balancing beams
 - spring boards
 - hurdles
 - wall bars

Key Vocabulary

Apparatus: Equipment needed to walk across, jump from, balance on e.g. climbing frame.

Arch: A position, in which the back is curved backwards, the chest is open and the body makes a curved shape.

Back support: Start from Long sit (Pike) hands by hips, fingers forward. Push on hands, lift hips to straight body position.

Balance: A static (still) position which holds the body in a position

Contrast: Being different to something else.

Control: Being able to use your body in a precise manner.

Dish: Long sit, bringing arms past the ears, lie back to form the 'dish shape'.

Entrance & exit: To start a performance, an entrance is how you mark the beginning and the exit is how to end your routine, e.g. 3 second balance.

Flight: Being/travelling in the air.

Fluidity: How well balances and movements are linked together, i.e. do they flow as seamlessly as liquid?

Front support: Lie on front, hands by shoulders, fingers pointing forwards. Press up to straight arms, keeping body tense and straight.

Linking: A way of changing from one movement to another, with a transition/link.

Low level shape: Creating body shapes low to the ground, e.g. crab shape, bunny hop.

Medium level shape: Creating body shapes at waist height, e.g. lunge, bridge.

Mirroring: To reflect the movements, shapes and positions of a partner like a reflection in a mirror.

Pike: A position with the body bent forward at the waist with the legs kept straight.

Rolling: Using your body to roll across the floor, e.g. tuck roll, pencil roll.

Safety: Being careful not to harm yourself or others and minimize risk of injury.

Straddle: A body position where the body faces forward and the legs are spread far apart to the side.

Tuck: Making yourself small, into a ball shape and hugging your knees to your chest.

Weight: Understanding parts of your body which are heavier/lighter to help shift into a shape.

Key Questions

What is flight?

How can you use apparatus safely?

What different ways could you travel?

What is the difference between low and medium level shapes?

Safety

- Remove all jewellery including earrings
- Long hair must be tied back
- (safety) Mats used one between two or one per pupil
- Use correct techniques
- Complete a warm-up and cool-down