

Year 3 Gymnastics Unit 3

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
- Perform a range of jumps and leaps from varying heights and on a vault
- Perform mirrored and matching travels and balances with a partner

Equipment

- Hoops
- Benches
- Mats
- Spots/flat markers
- Gym tables
- Wall bars
- Vaults
- Springboards x 4
- Cones

Key Vocabulary

- Apparatus:** Equipment needed to walk across, jump from, balance on e.g. gymnastic table.
- Balances:** A static (still) position which holds the body in a position.
- Cat leap:** Push off floor, arms above head, knee up, point toes.
- Dismount:** The act of jumping off an apparatus like the uneven bars at the end of a routine
- Full turn:** Rotating in a full circle/360° so you finish by facing the same direction you started.
- Half turn:** Rotating so you are facing the opposite direction you started at.
- Height:** How high something is, e.g. low, medium or tall.
- Jumping:** Leaping into the air, either from the floor or from an object onto the floor.
- Landing:** The last part of a dismount when your feet hit the ground
- Level:** How high you can be, e.g. travelling at a low, medium or high level.
- Mirroring:** To reflect the movements, shapes and positions of a partner like a reflection in a mirror.
- Pathway:** Where you plan on travelling/moving within your routine.
- Pike jump:** Bend knees, stretch legs out straight, use arms for height.
- Rebound:** When something or someone bounces off an object/surface.
- Rolls:** Using your body to roll across the floor, e.g. tuck roll, pencil roll.
- Routine:** A series of movements and balances which are performed to others.
- Squat:** Movement where you lower your hips from a standing position and then stands back up.
- Step:** Using feet to step forwards or backwards – also means item in a list/routine.
- Straddle jump:** bend knees, stretch legs out wide, use arms for height.
- Synchronization:** To move at the same rate and time exactly together, either in a pair or group.
- Travelling:** A method of getting from one place to another, e.g. walking, jumping, rolling.
- Vault:** To perform an acrobatic jump over a vaulting horse or a vaulting platform.

Key Questions

How should a routine look?

What do you need to ensure you do when taking off?

What do you need to do when landing?

For your matching to work, what must you do as a pair before starting?

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