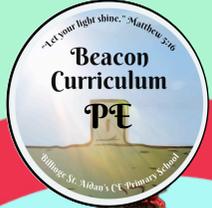


Year 3 - Gymnastics - HT1



Prior Learning: In Year two, children continued to master their basic gymnastic shapes. They also continued to master jumps such as Straight, Star and Tuck. They progressed from log rolls to dish/arch rolls and a forward roll. They developed their bunny hops on the floor and then on small apparatus. Children developed sequences, linking 3 skills together. Challenge lessons encouraged them to transfer key physical skills onto apparatus.

Key Skills

Physical Me

- **Jumps** with turns (1/4, 1/2, 3/4 & Full)



- **Rolls**



Teddy bear rolls

- **Bunny hops**



- **Balances**



Point Balance



Patch Balance

- **Movement onto Apparatus**



- **Sequences**

- Co-ordination
- Agility
- Power
- Strength
- Flexibility
- Balance

Thinking Me

- How can I improve?
- Provide feedback

Value Me

- Self belief
- Challenge

Social Me

- Co-operate
- Communicate
- Perform in front of a group

Gymnastic Events

- Floor
- Vault
- Rhythmic
- Tumbling
- Acrobatic

Inspirational Athlete

Nadia Comăneci:
Born November 12, 1961, Romanian gymnast who was the first gymnast (at 14) to be awarded a perfect score of 10 in an Olympic event.



Key Vocabulary

Quarter turn

Half turn

Patch

Point

Teddy Bear

Travelling

Perform

Create

Key Knowledge

Jumps With a turn - Look around arm when turning. Use arms to rotate in a 1/4, 1/2 3/4, or full turn. Land on the same spot bending at the knees.

Bunny Hops - Flat hands first, then feet -static and moving.

Point Balance - Using small body parts such as feet, hands, head or knees.

Patch Balance - Use large body parts, such as legs, bottom, back or stomach.

Sequence - Linking together a series of elements (skills).

Teddy bear roll - Start in straddle, roll onto shoulder, back, shoulder and then sit up.



I can statements	✓	✗
Can perform a variety of shapes with good control		
Perform a straight jump with a half turn		
Perform a Teddy bear roll		
Perform Point and Patch balances		
Perform a bunny hop across a mat run and onto/across low benches and apparatus		
Perform a short sequence on mats (using levels directions control)		
Hopscotch on throw down feet-introduction to hurdle step onto apparatus		

Anything else you have learnt? What have you enjoyed?