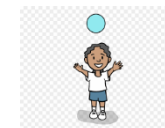




PE Knowledge Organiser

Year 3: Spring Term

Gymnastics



Key Knowledge and Skills:

Create interesting point and patch balances: Hold the balance for 5 seconds. Create strong body tension and extension. Show creativity with interesting shapes and use of different levels.



Develop the star, straight and tuck jumps:



Develop the straight, barrel and forward rolls:

Barrel roll



Forward roll



Straight roll



Key Vocabulary:

Vocabulary:	Definition:
Point balance	Balance on a small body part.
Patch balance	Balance on a larger body part.
Unison	Doing the same thing at the same time as each other when working with others.
Body tension	Holding your body parts strong when in a balance.
Body extension	Extending arms, legs, fingers and toes when in a balance.
Sequence	When two or more skills are performed together.

Create sequences using different types of apparatus:

- You could include rolls, jumps, balances and travelling movements.
- Ensure your sequence uses a variety of actions and levels.
- Choose actions that are on the same or similar level to move into and out of balances smoothly.
- Consider which type of rolls would link smoothly with your balance.
- Show quality and control in your movements by taking your time for each transition.
- Demonstrate clear extension in shapes that require it and keep good posture throughout.