



P.E.

Gymnastics
(stretching and curling)

Year 3

Spring Term 1

Skills

- Up to 5 elements *e.g. 3 jumps & 2 balances.*
- Contrasting actions and shapes. Show extension when balancing and flow when transferring your weight.

Key Knowledge

Show contrast in shape and change of direction.

Adapt sequences to suit different types of apparatus and a partner's ability.

Recognise how strength and suppleness affect quality of performance.

Perform sequences showing a range of body shapes, maintaining good posture throughout.

Recognise the risks of high impact activities. Lift, lower and carry safely and effectively and understand how this is linked to health.

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Sequence of Practical Experiences

practise transferring weight smoothly from one part of the body to another

select a wider range of stretching and curling actions (travelling and balancing) and improve the quality of them

improve the ability to select appropriate actions and develop the sequence further using simple compositional ideas

further develop and refine their gymnastic composition alongside a partner

improve compositional ideas in preparation to perform the partner sequence to an audience

evaluate the effectiveness and quality of a performance

Statutory requirements

- develop flexibility, strength, technique, control and balance [e.g, through athletics and gymnastics]
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Prior Learning

Up to 4 elements. *e.g. balance, roll, jump, body shape.*

A clear starting position and that moves smoothly between shapes and actions

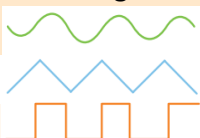
Key Vocabulary

Transition	Smoothly going from one movement to another
Explosive movement	The ability to produce maximum force in minimal time
Sustained	Continuing for an extended period or without interruption.
Posture	How the body is held and positioned using muscle and skeleton.

- Travelling, rolling, climbing, bounce, hop, skip, rolling step
- Direction, slow, stop, still,
- Strengthening muscles, increasing flexibility, postural muscles, joint mobility. High impact, force, absorbing impact.
- Inverted, contrasting, extension, flow, combinations, half turn, stretched.

Techniques

Travelling lines



Apparatus



Heads, Hearts, Hands

