



**P.E.**

**Gymnastics**  
(travelling with change of direction)

**Year 3**

**Autumn Term 2**

## 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.

Recognise the risks of high impact activities.

Lift, lower and carry safely and effectively and understand how this is linked to health.

## Sequence of Practical Experiences

improve the quality of jumping and landing and lifting apparatus safely understanding how this is linked to health.

improve the ability to select appropriate actions and use simple compositional ideas.

consolidate and improve the quality of travelling with a change of direction and improve the ability to link phrases of movement.

select appropriate actions with a partner and show safe lifting and placing of apparatus.

describe and evaluate the effectiveness and quality of a performance using appropriate language.

## 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

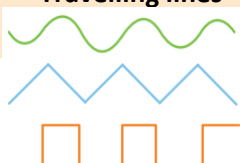
## Key Vocabulary

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

