

PE, Gymnastics,

National Curriculum aims:
<ul style="list-style-type: none"> ✓ Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movements. ✓ They should enjoy communicating, collaborating and competing with each other. ✓ They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
National Curriculum key skills:
<p>Pupils should be taught to:</p> <ul style="list-style-type: none"> ✓ Use running, jumping, throwing, catching ✓ Play competitive games and apply principles of attacking and defending ✓ Develop flexibility, strength, technique, control, balance ✓ Compare performances with previous ones and demonstrate improvement to achieve their personal best

Y3

Key Vocabulary:
Tuck, pike, straddle, stretch, star, hands and knee support, front support, back support, dish, arch, tuck jump, stretch jump, straddle jump, star jump, half turn jump, pike jump, log roll, tuck roll, tuck roll, tuck roll to stand, side roll, teddy bear roll, arabesque, stalk, scorpion, point balances, apparatus, solo, group, sequences
Assessment opportunities:
<ul style="list-style-type: none"> • Solo performances – in groups of two, assess each other's sequences, what they did well and how to improve • Perform sequences as a group, enabling the class to assess and feedback • How can the children challenge themselves further, especially the HA?
Adapting teaching:
<ul style="list-style-type: none"> • Differently sized equipment • Mixed groups for peer support • Challenge HA by adding further techniques
Prior learning
<ul style="list-style-type: none"> • Exploration of basic shapes, rolls, jumps and group and solo balances to then develop further using equipment

Sequence of Learning:					
Objectives (key knowledge):					
1. To be able to understand the 5 basic shapes and 5 basic supports in gymnastics	2. Shaped jumps from heights To be able to understand the 5 basic gymnastic jumps and how to develop this to then perform off a different level of height.	3. Rolls To be able to perform the 5 basic rolls in gymnastics correctly and from a standing position to then develop into creating a sequence to perform to the rest of the class.	4. Balances (partner and group) To be able to understand the importance of both partner and group balances and use different parts of the body to balance.	5. Solo sequence using apparatus To be able to create a short series of sequences using apparatus. (Adding elements of what they have learned in gymnastics to create a sequence.)	6. Group balances and sequences To be able to work effectively in a group to create a short gymnastic sequence. (Using various gymnastic elements they have learned over the past 5 lessons.)

Equipment	Key skills:
<ul style="list-style-type: none"> • Mats; agility tables; benches; hoops; cones 	<ul style="list-style-type: none"> • Learn the 5 basic shapes and 5 supports; develop shapes into the correct 6 jumps; understand the solo and group balances; create a sequence individually using apparatus; understand the importance of group balances and sequence

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