

Year 3 Gymnastics Unit 2

National Curriculum objectives

Develop flexibility, strength, technique, control and balance.

Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Key Learning

- Perform short sequence with: low and medium level shapes; with matching and mirroring; contrasting shapes with some linking
- Take weight confidently on hands (developing core strength) and roll safely, exploring different rolling methods (front and backward Rolls)
- Perform a wide range of shapes and balances on apparatus
- Perform shapes in flight, on and off a piece of apparatus, including turn, twist and spin
- Perform a range of jumps and leaps from varying heights and on a vault
- Perform mirrored and matching travels and balances with a partner

Equipment

- Class set of cones.
- Gymnastic mats.
- 2-4 Bibs.
- Safety / gymnastic mats.

Key Questions

Will holding a shape / balance longer make us stronger?

What do we need to remember when rolling?

Why is it so important to tuck my chin in, onto my chest when rolling?

Key Vocabulary

- Arch:** A position, in which the back is curved backwards, the chest is open, and the body makes a curved shape.
- Back support:** Start from Long sit (Pike) hands by hips, fingers forward. Push on hands, lift hips to straight body position.
- Bent knees:** When the upper and lower leg are at an angle, e.g. a squat.
- Control:** Being able to use your body in a precise manner.
- Core:** Your midsection and it involves all your muscles in that area including the front, back and sides.
- Dish:** Long sit, bringing arms past the ears, lie back to form the 'dish shape'.
- Entrance & exit:** To start a performance, an entrance is how you mark the beginning and the exit is how to end your routine, e.g. 3 second balance.
- Flight:** Being/travelling in the air.
- Forwards roll:** To tuck your head down and roll your body in a forward circle on the floor.
- Front support:** Lie on front, hands by shoulders, fingers pointing forwards. Press up to straight arms, keeping body tense and straight.
- Low level shape:** Creating body shapes low to the ground, e.g. crab shape, bunny hop.
- Matching/mirroring:** To reflect (copy) the movements, shapes and positions of a partner like a reflection in a mirror.
- Pike:** A position with the body bent forward at the waist with the legs kept straight.
- Rolling:** Using your body to roll across the floor, e.g. tuck roll, pencil roll.
- Soft knees:** When knees are not locked in position and are flexible to move.
- Speed:** How fast or slow something is moving/travelling.
- Spin:** To rotate 360° (full turn) on the spot.
- Straddle:** A body position where the body faces forward, and the legs are spread far apart to the side.
- Strength:** The power your muscles give you to lift, hold, balance and support your weight.
- Support:** To use your strength to hold something e.g. to hold a balance with your arms or legs.
- Tuck shape:** Making yourself small, into a ball shape and hugging your knees to your chest.
- Turn:** To move your body left or right to face another direction.
- Twist:** When one part of your body turns in a different direction to the other, e.g. legs still and upper body turns.
- Weight:** Understanding parts of your body which are heavier/lighter to help shift into a position.

Safety

- Remove all jewellery including earrings
- Long hair must be tied back
- (safety) Mats used one between two or one per pupil
- Use correct techniques
- Complete a warm-up and cool-down