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| **KS3** | **Gymnastics** |
| **Overview of topic:**Students will be taught the fundamentals of Gymnastics. Working individually, in pairs and small groups. Students will reflect on their learning and others. |
| **Core Skills, to include:** Acrobatic gymnastic skills applied to the appropriatediscipline being assessed with low tariff versions of:Starting and finishingTake off & landingRolls, forwards and backwards• To straddle• Dive forwardBalances using different parts of the bodyCartwheelsRound offsJumps/leapsTwists/pivotsStepsTumbling linesDance/artistic elementsTransitionsLow tariff holds and releasesStatic holdsThrowsCatchesFlightStabilitySwinging | **Advanced skills, to include:**Acrobatic gymnastic skills applied to the appropriatediscipline being assessed with intermediate tariffversions of:Advanced rolls – roll to handstandsHand/head springsSomersaultsSaltos – forwards and backwardsWalkoversHigher tariff holds and releasesBoostsTempoPlanchePowerlift |
| **Key vocabulary:****Tier 2*** **routine, strength, coordination, balance, flexibility, Stamina, flow, linking, jump, roll**

**Tier 3*** **Handspring, roundoff, cartwheel, aesthetic, vault, springboard, take off, landing, present, leotard, Synchronisation, explosive, Power, tuck, pike, straddle, forward roll, backwards roll, Dive roll,**
 | **Decision making and tactical awareness, to include:** • Difficulty/tariff of routine to complete• Composition of routine• Teamwork and communication• How to respond to and interpret the music (where appropriate)• How to ensure that the routine flows• Body awareness, how to move effectively, smoothly and precisely• Use of flight, when to move• Acceleration/deceleration of movements• Spatial awareness, how to make full use of the space that you have• Use of showmanship to impress judges• Awareness of strengths/weaknesses and actions of other gymnasts e.g. adopt a different routine/tariff of discipline depending on score achieved by other competitors.• Awareness of the rules and regulations of the activity and their application (including judging signals) |
| **Co-curricular opportunities:**School practise School teams Links to local clubsCity of Preston | **Key reading skills taught *(clarify, question, summarise, predict)* and key texts:**Clarify and summarise  |
| **How can I use this information at home?*** Conversation starters with your children to discuss their learning
* Support your child in carrying out independent research around the topic
* Visit your local library (or BorrowBox), museums, or other locations to explore the topic
* Promote books/other texts that explore this topic (see reading section)
* Help your child to learn the key vocabulary
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