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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 appropriate  discipline being assessed with low tariff versions of:  Starting and finishing  Take off & landing  Rolls, forwards and backwards  • To straddle  • Dive forward  Balances using different parts of the body  Cartwheels  Round offs  Jumps/leaps  Twists/pivots  Steps  Tumbling lines  Dance/artistic elements  Transitions  Low tariff holds and releases  Static holds  Throws  Catches  Flight  Stability  Swinging | **Advanced skills, to include:**  Acrobatic gymnastic skills applied to the appropriate  discipline being assessed with intermediate tariff  versions of:  Advanced rolls – roll to handstands  Hand/head springs  Somersaults  Saltos – forwards and backwards  Walkovers  Higher tariff holds and releases  Boosts  Tempo  Planche  Powerlift |
| **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 clubs  City 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 | |