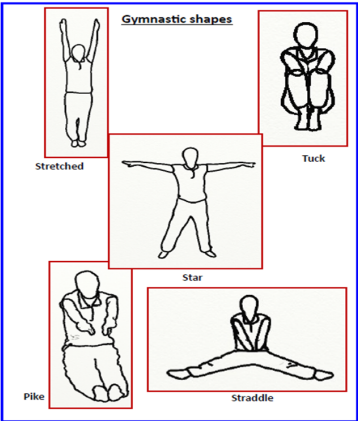



Gymnastics

Year 3: Autumn 1

<p>Coverage:</p> <ul style="list-style-type: none"> To develop flexibility, strength, technique, control and balance To compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<p>Knowledge and Key vocabulary:</p> <ul style="list-style-type: none"> Symmetrical balances Five gymnastics shapes: Straight, tuck, star, straddle and pike. Reflect and mirror Travel: forwards, backwards, sideways Change direction Pathways: circles, squares, triangles, diamonds, animal walks. Jump, land and leap Inversion (upside down) 	
<p>Thrive Link</p> <ul style="list-style-type: none"> I can follow instructions I persevere with tasks that I find hard I can try new activities, even when I am unsure I can work as part of a team 	<p>Physical Skills</p> <ul style="list-style-type: none"> I can perform symmetric balances I can perform symmetric balances using equipment I can travel safely I can perform a variety of different rolls I can jump, land and leap using different gymnastic shapes I can perform inversion skills with control 	<p>Performance Analysis</p> <ul style="list-style-type: none"> I can see how my work is the same and different from others and use this to improve my own work I can take steps to improve my performance
	<p>Rolling</p> <p>1) Pencil Roll</p> <ul style="list-style-type: none"> Body Straight Legs together Toes Pointed <p>Make it Harder Try a pencil roll where only your mid section can touch the floor</p> <p>2) Teddy Bear Roll</p> <ul style="list-style-type: none"> Sit in straddle position Legs straight and toes pointed Hands just below knees Back rounded 	<p>Egg Roll</p> <ul style="list-style-type: none"> ✓ Tuck your knees into your stomach ✓ Lock your hands to the front of your shins ✓ Is your head tucked into your chin? 