

Caroline Haslett Primary School - PE

Topic: Gymnastics

Year 3

Gymnastics

Knowledge

- Knows how to adapt a sequence to include different levels, speeds or directions
- Understands the difference between tension, relaxation and extension

Vocabulary

- **Shoulder roll** - sit on the floor in a straddle position. Legs held below knees and body leant over towards the shoulder on one side. Fold more tightly until they roll over their back and return to a sitting straddle position
- **Forward roll** - starting from a standing position, crouch down, place hands shoulder wide apart, facing forward. Tuck chin to chest and place the back of their head onto the floor. Push off of the floor with legs and rotate over the head, onto their back. Press the feet onto the floor and whip the arms forward to stand up.
- **Extension** - the act of stretching or straightening out a flexed limb.

Activities

- Explore combinations of mats and apparatus, and find different ways of using a shape, balance or travel
- Practise an action or short sequence of movements, and improve the quality of the actions and transitions

Skills

- Perform a competent forward roll, rug roll, shoulder roll
- Show control, accuracy and fluency of movement when performing actions on their own and with a partner
- Show contrasts in speed, level and direction
- Work well on their own and contribute to pair sequences

Forward roll

