



# St Andrew's C of E Maghull

## Knowledge Organiser

### Year 3 - Autumn 2 - P.E. - Gymnastics



#### Knowledge:

- I know a range of movements to use in response to a task.
- I know how to plan a sequence of contrasting actions.
- I can choose actions that flow well into one another.
- I know how to adapt sequences to suit different types of apparatus.
- With help, I can recognise how performances could be improved.
- I know that warming up before an activity prepares my body for exercise and prevents damage to muscles.

#### Skills:

- Modify actions independently using different pathways, directions and shapes.
- Identify similarities and differences in sequences.
- Perform sequences with contrasting actions.
- Show strength and flexibility to shapes and actions being performed.
- Remember and repeat sequences.
- Adapt basic sequences to include some apparatus.
- Develop body management over a range of floor exercises.
- Comment on others gymnastics sequences describing what they did well.
- Can suggest how developing strength and flexibility helps in maintaining a healthy active lifestyle.

#### Vocabulary:

- Fluency - effortlessly perform a task.
- Contrasting - very different.
- Unison - do something at the same time.
- Low - close to the ground.
- Combinations - a sequence of more than one thing.
- Full turn - spinning a whole 360 degrees.
- Half turn - spinning half a full turn, 180 degrees.
- Sustained - To keep up or keep going.
- Explosive - Give a maximum amount of force in the shortest time possible.
- Power - Doing something in a way in which the movement feels strong.
- Control - to have possession over a movement.
- Group - working with more than one person.
- Similar - the same.
- Different - do things a way which has not been done yet.

#### Lesson Sequence:

- Lesson 1: I can create a sequence of 2 contrasting elements and demonstrate extension in shapes. I can produce flow in sequences.
- Lesson 2: I can explore a range of contrasting movements and copy a partner's sequence.
- Lesson 3: I can consolidate and improve basic rolls and apply flexibility and strength to rolls and apply this to a sequence in pairs.
- Lesson 4: I can consolidate and improve the quality of basic jumps, including off apparatus and work in groups to create a jump and roll sequence.
- Lesson 5: I can perform in unison with a partner and identify when to use strength in a sequence.
- Lesson 6: I can choose and apply contrasting shapes in a sequence and work in a group to produce a contrasting sequence.