

Knowledge Organiser - Gymnastics Year 3

Ladder Knowledge



Shapes:

Use body tension to make your shapes look better.

Balances:

Make your balances look interesting by using different levels.

Rolls:

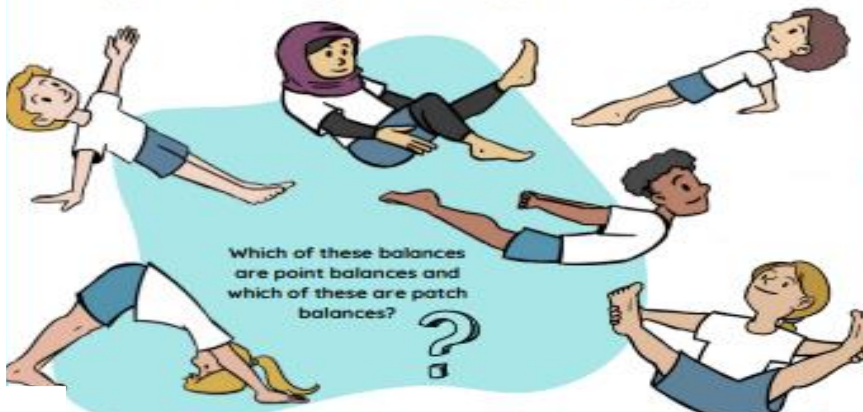
Tuck your chin to your chest in a forward roll. Roll onto the top of your shoulders.

Jumps:

Change the take off and shape of your jumps to make them look interesting.

About this Unit

Gymnastics is made up of a range of movement skills including balances, jumps, rolls and shapes. Gymnastics was one of the first Olympic sports and is still an Olympic sport today. Almost all gymnastic events are performed on special equipment, such as rings or bars. This equipment is called apparatus.



Key Vocabulary

body tension: squeezing muscles to help to be stable when performing actions

contrast: different to one another

control: being able to perform a skill with good technique

direction: forwards, backwards, sideways

extend: to make longer

flow: smooth link

landing position: a stable position used after jumping

match: the same

matching: to perform the same action as someone else

patch: a large body part

point: a small body part

take off: the moment a person begins jump

Key Skills and Knowledge

Competent learner: Confidently demonstrate creativity in their work with control Demonstrate how strategies and tactics can improve their work Demonstrate improvements to their work Perform fundamental movement skills in a range of activities Understanding of effective leadership

Active & healthy learner: Describe why physical activity is good for health and wellbeing Recognise and describe how their body feels during and after activities

Reflective learner: Describe, explain and comment on their own and others' actions and feelings Make judgements to improve their and others' work Respond to set tasks following rules and expectations

Engaged learner: Demonstrate enthusiasm for PE Effectively communicate and collaborate with each other Understand the principles and purpose of preparing effectively for PE and sport Work independently for extended periods of time without the need for guidance

Disciplined Learner: Demonstrate a positive attitude to all activities and be respectful towards others Follow rules and listen well to all instructions Stay on task and be attentive in all activities Show kindness and consideration when working with others