

PHYSICAL EDUCATION KNOWLEDGE ORGANISER

Year 3 Gymnastics activities – Stretch and curl

I will learn...

HANDS

to hold still curled up and stretched shapes on floor and on apparatus whilst on my own / with a partner.
 to travel in curled up and stretched shapes.
 to progress my forward roll to attempt not using hands to stand up, rolling to straddle stand, handstand to forward roll & to improve backward roll technique.
 to practise log rolls, ¼, ½ & full turn jumps.
 the stages involved to practise handstands, cartwheels & round offs.
 to perform pencil, star, pike and straddle jumps on floor & off apparatus.
 to jump with my partner in unison, experimenting with varying directions.
 how to perform good quality actions.

HEAD

to create, remember & repeat sequences on my own & with a partner.
 to think about changing levels when still & travelling.
 to plan and discuss performing on apparatus with a partner to add variety to performance of shapes and jumps.
 to choose how to transfer actions from floor to apparatus with some success.
 how to describe if an action performed by others was good and then try to improve it.
 how to improve the quality of actions, shapes and jumps.

HEART

to be safe at all times and follow instructions.
 to carry and move apparatus carefully and safely with others.
 to challenge myself to attempt and master more difficult skills.
 to explain the importance of a warm up and talk about how to stay healthy.
 to recognise and describe the effects of exercise on the body.
 to be confident to ask for help.
 to say positive things about my own ability and performances.

Key questions: How many ways can you travel when curled up / in long, thin & wide shapes? How do we land safely when jumping off apparatus? How can you make your jumps more interesting? Do you remember ways to work with a partner? How did your partner help you to improve? Why do we use iPads to improve our performance?

Key vocabulary:

Curled up – make the body into small shapes with legs tucked in when balancing and travelling.

Stretched – make the body into long, thin & wide shapes when balancing and travelling.

Log roll – a sideways roll performed with the body in a long, thin pencil shape with arms stretched up straight by ears.

Turning jumps – a feet to feet jump performed where the body can vertically turn 90°, 180° and 360° in the air.

Quality – performing actions and shapes at the best possible standard that a gymnast is capable of.

Unison – when gymnasts in a pair perform the same actions at the same time.

Canon – when gymnasts in a pair perform actions one after the other.

Control – Actions can be started and stopped, shapes can be held still and directions travelled in can be changed efficiently.

Exercise – activity using the body that maintains or improves fitness.



Star jump



Pike jump



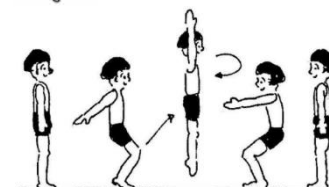
Straddle jump



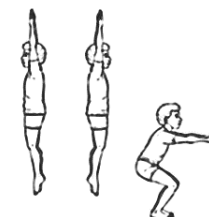
Pencil jump



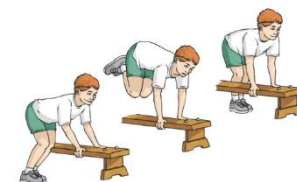
Tuck jump



Half turn jump



Full turn jump



Bunny hop



Backward roll to straddle



Cartwheel