



# Mossfield Primary School Knowledge Organiser

## Year 3 – Summer 2

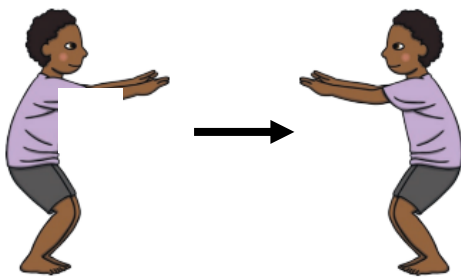
### Gymnastics



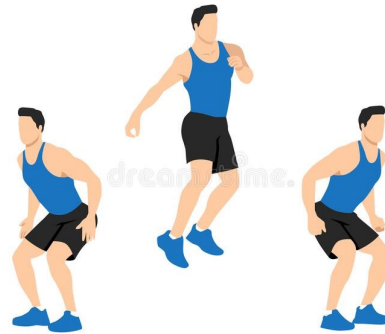
During this Gymnastics unit children will learn how to travel with a change of front and direction. Children will learn how to jump with 1/4 and 3/4 turns and in a variety of directions. During this unit children will explore movements such as cartwheels and rolls.

## Key Learning

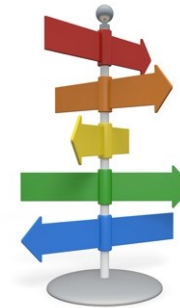
To identify "change of front" and understand what it means.



To demonstrate 1/4 and 3/4 turning jumps.



To move in a variety of ways using different directions.



To show individual actions which create a change of front or direction e.g. cartwheel, roll.



To select movements and create a sequence to illustrate change of front or direction.



To transfer all ideas and skills onto apparatus.



# Key Vocabulary

<b>apparatus</b>	The technical equipment needed for a particular activity or purpose.
<b>bunny hop</b>	Jump forward in a crouched position
<b>cartwheel</b>	A circular sideways handspring with the arms and legs extended
<b>direction</b>	A course along which someone or something moves.
<b>forward roll</b>	A gymnastic exercise in which a person tucks their head down and rolls their body in a forward circle on the floor.
<b>change of front</b>	Changing the way in which they are facing.
<b>jump</b>	Push oneself off a surface and into the air by using the muscles in one's legs and feet.
<b>sideways roll</b>	This can be started by lying down on the back or front with the body outstretched. The gymnast then rolls onto their side and does a complete rotation of the body, remaining parallel to the performing surface.
<b>turning jump</b>	A jump in which you turn over completely in the air.