



Mossfield Primary School Knowledge Organiser



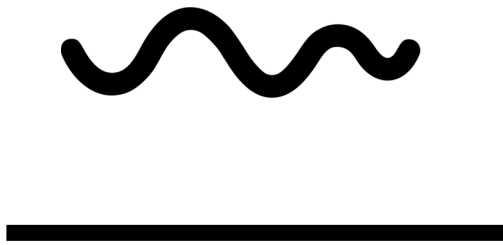
Year 3 – Summer 1

Gymnastics

During this unit of Gymnastics children will develop pathways using a range of speed and levels. Children will learn how to accelerate and decelerate as needed and create individual and partner sequences for floor and apparatus work.

Key Learning

To understand and identify flexible and direct pathways.



To understand and show different speeds and levels.



To identify and demonstrate acceleration/ deceleration within one movement and within a series of movements.



To select and perform appropriate actions for flexible and direct pathways.



To create individual and partner sequences.



To transfer ideas and skills onto apparatus.



Key Vocabulary

acceleration	Increase in speed or rate.
apparatus	The technical equipment needed for a particular activity or purpose.
deceleration	Reduction in speed or rate.
direct pathway	A straight track that constitutes or serves as a path.
flexible pathway	A curved or bent track that constitutes or serves as a path.
levels	Low or high.
sequence	A particular order in which related things follow each other.
speed	The rate at which someone or something moves.