



Mossfield Primary School Knowledge Organiser

Year 3 – Autumn 1

Gymnastics



During this Gymnastics unit children will focus on stretching, curling and arching. They will learn how to link contrasting movements and the importance of using different levels. Children will incorporate mirror movements with a partner and learn how to synchronise actions.

Key Learning

To travel showing a range of stretched and curled shapes (e.g. rolling, jumping and beginning of cartwheel activities).



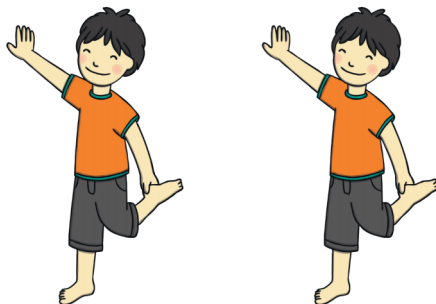
To join together two or more contrasting actions.



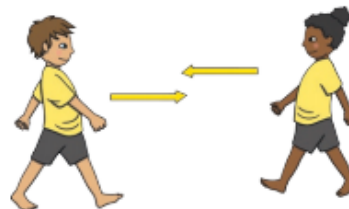
To demonstrate stretched and curled balances on different body parts showing an understanding of high, medium and low positions.



To identify and perform matching shapes with a partner.



To compose a short sequence with a partner demonstrating an understanding of levels, directions and speeds.



To identify what adaptations were required to enhance the overall performance.



Key Vocabulary

cartwheel	A circular sideways handspring with the arms and legs extended.
curled	Form or cause to form into a curved shape.
directions	A course along which someone or something moves.
jumping	Push oneself off a surface and into the air by using the muscles in one's legs and feet.
levels	High, medium or low.
rolling	Moving by turning over and over on an axis.
speed	The rate at which someone or something moves or operates or is able to move or operate.
stretched	Straighten or extend one's body or a part of one's body to its full length.