

PE KNOWLEDGE ORGANISER - Year 3/4 - Gymnastics

What I should already know

- Pupils will apply the correct technique for jumping and explore skipping.
- Pupils will develop their jumping skills and jump into spaces to avoid the defenders.
- Pupils will understand why, when and where we jump in a game with developing focus and concentration on the correct jumping technique.
- Pupils will start to give and receive feedback concerning the jumping technique. Fairness will be applied as pupils play by the rules.
- Pupils will continue to develop and apply life skills such as courage and honesty as they play within the rules of the game and jump confidently.

Key Vocabulary

Extension: This is when pupils are pointing (extending) their fingers and toes when moving or holding a balance.

Control: This refers to pupils being able to move their bodies silently.

Interesting: This means pupils are thinking and being creative. This includes adding different levels and different connection points to their balances and/or movements

Levels: This refers to when a gymnast is creating movements and balances that are performed using different heights either on the floor or on apparatus.

Flow: This is when a gymnast moves from one action to another without stopping.

Bridge: A bridge is a structure that passes over a road, a river or other obstacle. In this unit we want to recreate the idea of a bridge using our bodies.

What I will learn (sticky knowledge)

- Pupils will execute 'excellent' balances and movements within the 'bridges' theme. Applying flow, pupils will link these movements and balances together.
- Pupils will apply life skills such as resourcefulness and evaluation as they create their sequences in pairs, making adaptations when necessary.
- Pupils will collaborate applying cooperation skills with their partner as they work together to create their sequences and suggest ways to improve.
- Pupils will develop their resilience and ability to remain self motivated as they strive to improve their sequences even when they find it hard

What I will learn next

- Pupils will execute 'excellent' balances and movements within the Counter Balance and Tension theme, accurately applying flow as they link their balances with movement.
- Pupils will demonstrate communication skills and show respect as they watch others' performances and give feedback on ways to improve.
- Pupils will then work hard to improve their sequences.

