

Year 3 - PE Knowledge Organiser - Gymnastics



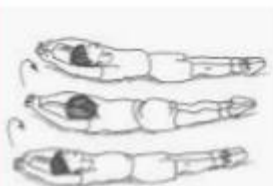
Balancing

- Use four parts - two hands and two feet.
- Use three parts - two hands and one foot.
- Use two parts - one hand and one elbow.
- Use one part - one foot.



Rolling

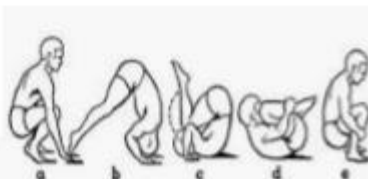
Egg Roll



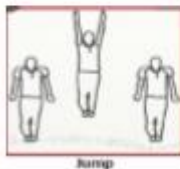
Pin Roll



Forward Roll



Travelling



Jump



Hop



Bear walk



Scorpion walk



Crab walk

We will learn how to:

- travelling in different ways on hands and feet
- balance on small body parts
- create a sequence of travelling and balancing actions
- roll in different ways
- develop our skills of jumping, creating shapes and landing
- evaluate and recognise our own successes
- perform gymnastic actions using apparatus

Different types of gymnastics:

Artistic Rhythmic Parkour
Trampolining Acrobatics
Aerobic Tumbling

Key Vocabulary

Actions	A movement in gymnastics could be roll, jump, travel, spin or balance.
Apparatus	Equipment used in gymnastics—benches, tables, beams, wall bars etc.
Balance	To remain still in a set position for 3 - 5 seconds.
Extension	Straightening arms and legs and / or body
Levels	Height at which you are performing e.g. low (close to the ground), high (on tip toes)
Roll	Rotation of the body (forwards / backwards / sideways) e.g. teddy bear roll, forward roll, pencil roll.
Sequence	Linking together multiple actions that can be repeated
Travel	Getting from point A to B using repeated movements.

Famous Gymnasts:

Max Whitlock (GBR)



Jessica and Jennifer Gadirova (GBR)



Simone Biles (USA)

