

# Knowledge Organiser Physical Education Year 3 Spring

## *Show control and coordination - Gymnastics*



St Elizabeth's Catholic Primary School  
"Love one another as I have loved you"

### Prior knowledge

- Dish shape - lying on back raise arms and legs off floor, keeping them all straight
- Arch shape, lying on front lift arms and legs off floor, keeping them straight.
- Press up forwards and backwards (lowering and pushing body up and down)
- Hop, jump, hop, jump along the floor

### Physical skills developed in this topic

- Explore shapes
- Transition between balances
- Barrel, straight and forward rolls

### Knowledge and skills covered in this topic

- Adapt sequences to suit different apparatus
- Complete actions with increasing balance and control
- Jumps using rotation
- Straight and barrel roll
- Forward and Straddle Roll
- Bridge
- Observing and providing feedback
- Selecting and applying actions
- Evaluation and improving sequences

### Key words

**Balance:** Learning how to hold and control a position

**Hopping:** Jumping and landing on one foot

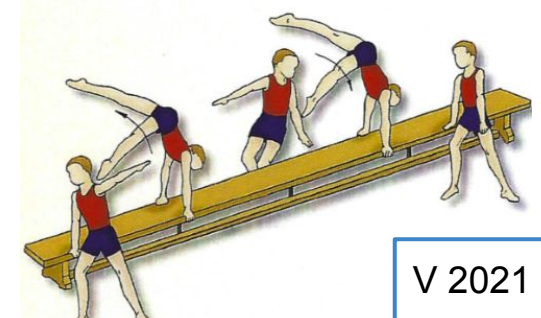
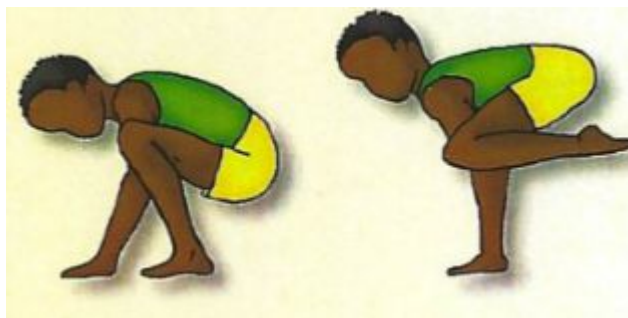
**Jumping:** Pushing through legs so both feet leave the ground

**Control:** Using muscles to keep arms and legs still

**Mat:** Spongy mat to practice gymnastics on

**Inverted:** Upside down

**Apparatus:** Equipment used to jump onto, jump off, climb on



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