

# Gymnastics Knowledge Organiser - Year 3

**Prior Learning:** In Year two, children continued to master their basic gymnastic shapes. They also continued to master jumps such as Rocket, Star and Tuck. They progressed from rocket (log) rolls to dish/saucer rolls and a forward roll. They developed their bunny hops on the floor and then on small apparatus. Children developed sequences, linking 3 skills together. Challenge lessons encouraged them to transfer key physical skills onto apparatus.

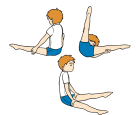
## Key Skills

### Physical Me

- Jumps with turns  
(1/4, 1/2, 3/4 & Full)



- Rolls



Teddy bear rolls

-Bunny hops



Bunny hop along mats

-Balances



Point Balance



Patch Balance

-Movement onto Apparatus



- Sequences-  
in pairs

Co-ordination

Agility

Power

Strength

Flexibility

Balance

### Thinking Me

- How can I improve?
- Provide feedback

### Value Me:

- Self belief
- Challenge

### Social Me

- Co-operate
- Communicate
- Perform in front of a group

## Gymnastic Events

- Floor
- Vault
- Rhythmic
- Tumbling
- Acrobatic

## Inspirational Athlete

Nadia Comăneci:

Born November 12, 1961, Romanian gymnast who was the first gymnast (at 14) to be awarded a perfect score of 10 in an Olympic event.



## Key Knowledge

**Jumps -** Look over your shoulder, use arms to help you turn.

**Bunny Hops -** Flat hands first, then feet -static and moving.

**Point Balance-** Using small body parts such as feet, hands, head or knees.

**Patch Balance-** Use large body parts, such as legs, bottom, back or stomach.

**Sequence-** To link together with traveling moves

**Teddy bear roll -** Start in straddle, roll onto shoulder, back, shoulder and then sit up



## Key Vocabulary

Quarter turn

Half turn

Patch

Point

Teddy Bear

Traveling

Perform

Control